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Sex is best exercise, Brazilian says

HEALTH Brazil's health minister has a remedy for the nation's high-blood-pressure problem: More sex.

Minister Jose Temporao says adults should be exercising more to help keep their blood pressure down — and he says a good cardiovascular workout includes sex, "always with protection, obviously."

Temporao also recommends dancing, a healthy diet and regular blood-pressure checks.

The Health Ministry says 24.4 per cent of Brazilians had high blood pressure in 2009. THE ASSOCIATED PRESS

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Food pg 34

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Blue Jays **The Buck stops here**

TONY BOCK/TORSTAR NEWS SERVICE

Toronto Blue Jays catcher John Buck tags out Boston Red Sox runner Kevin Youkilis at home plate during the first inning of last night's game at the Rogers Centre. The Sox ended up beating the Jays 13-12 in a four-hour long slugfest. Story, page 22

All work, no play

City residents score low on physical activity report

Torontonians are less active than other Canadians, a new study has found.

Some 57 per cent of Torontonians aged 12 and older were inactive during their leisure time in 2007-08, compared to a national average of 50 per cent, according the 2010 Get Active Toronto Report on Physical Activity. The Toronto number is up six percentage points since 2005.

The report, to be released today, was prepared by Get Active Toronto, a coalition of public and private organizations, including Toronto Public Health, the Heart and Stroke Foundation of Ontario and the Toronto District School Board.

Daily energy quotient

• An "active" person is someone who walks at least an hour, jogs a minimum of 20 minutes or expends the equivalent amount of energy daily. An "inactive" person expends less energy on all leisure time activities than is required to walk for half an hour a day. A moderately active person is in between.

The most frequently cited barrier to physical activity is lack of time, according to the report.

"Work-life balance is a major factor," said Cat Girotti, manager of Get Active Toronto, explaining why the city's residents have less time for physical activity. "Toronto likes to work. It's the centre of commerce and that comes first."

After lack of time, Torontonians offered the following reasons for not being active: Lack of willpower (20 per cent); physical discomfort (12 per cent); social isolation (eight per cent); intimidation (nine per cent); and embarrassment (seven per cent).

TORSTAR NEWS SERVICE

Another sign of spring: Allergies

HEALTH Oh, those itchy, watery eyes, runny nose and constant sneezing. What's going on? Isn't it awfully early for allergy season?

Well, normally the answer would be yes, say experts. But not this spring, which follows the mildest and driest Canadian winter on record.

Trees, shrubs and other vegetation have begun bursting into leaf and flower much earlier than usual, pumping scads of pollen into the air and hence taking many seasonal allergy sufferers by surprise.

"Anecdotally, I'm hearing reports from all over the country about people who are wheezing and gasping and sniffling and have a runny nose and watery eyes," said David Phillips, a Toronto-based senior climatologist for Environment Canada. "I think it's directly related to the weather.

"The growing season has started much sooner and more intensely," Phillips said yesterday.

THE CANADIAN PRESS

El Nino

• Climatologist David Phillips said El Nino, the Pacific weather anomaly, was one factor in Canada experiencing such a warm, dry winter that kick-started the spring growing season and spewed an explosion of pollen into the atmosphere.

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Local

WATERFRONTToronto

Name a waterfront park

The public is invited to come up with a new name for Sherbourne Park — an innovative new waterfront park opening this summer. The Rename Sherbourne Park contest, sponsored by Waterfront Toronto and Torontoist, encourages members of the public to submit ideas for a new park name and ultimately choose the winning name through a two-stage online voting process. Park names may be submitted to the Rename Sherbourne Park contest website www.torontoist.com/park until May 14. METRO NEWS SERVICES

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Tomorrow's Metro

West View
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

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WHAT'S ONLINE TODAY

Video Delay in hearing to lift entry ban from controversial British MP does little to dull debate at **metronews.ca/canada**

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City's safety measure driving pedestrians onto the street

When the façade of a heritage building came crumbling down near Yonge and Gould streets more than a week ago, the city put up a large blue fence around the damage for public safety.

But the fence, which blocked two lanes of northbound traffic on Yonge Street and closed the eastern sidewalk to pedestrians, has made the situation on the street a lot more dangerous, according to pedestrians and drivers.

"It's insane, it's crazy and incredibly inconvenient," said Kurt Newman, who lives near Yonge and Dundas. "There's no sidewalk, no signs, no one to direct traffic.

"I can't believe this is the solution the city came up with."

Confused pedestrians wait for gaps in traffic to run to the other side of the street. Others spill on to the street at the risk of being swiped by a car as they walk along the makeshift northbound lane. Drivers slow down as bikers and people come from every direction.

The city says it will put in a sidewalk in coming days to make it safer for pedestrians, said Ann Borooah, the city's chief building official.

"The plan is to install more permanent hoarding along the east side of Yonge Street on the middle northbound lane, which would provide more protection for pedestrians so they could just continue up Yonge Street," said Borooah.

"It will be better for pedestrians, but it would still be a little awkward for bikes," she said.

Drivers, however, will have to put up with the traffic woes until it can be determined if the building can be used once again — which will take months, said Borooah.

TORSTAR NEWS SERVICE

LUCAS OLENIUK/TORSTAR NEWS SERVICE

The city has closed a section of the sidewalk on Yonge Street at Gould after the wall of a building collapsed last week. Pedestrians have to cross Yonge at Dundas to get to the west side of the street. As a result, many pedestrians are walking in the single lane of traffic on Yonge to pass the fence.

Senior robbed on subway as cries for help ignored

CRIME An elderly man who cried out for help as he was being mugged on a Toronto subway train received no assistance from other commuters, police said yesterday.

It was not immediately clear how many people were on the train or why they ignored the plight of the 79-year-old victim.

"It is disappointing," said Brad Ross, a spokesman for the Toronto Transit Commission.

"People may feel intimidated about getting involved."

Police said the incident began when a person seated next to the victim asked him for change.

The elderly man said he didn't have any and the person asked a second time.

A second person then asked him for money.

The victim tried to activate the passenger-assistance alarm but could not reach it, police said, and a fight ensued.

The attackers fled with his wallet when the train pulled into an east-end station and the victim gave chase, police said.

THE CANADIAN PRESS

Health care will suffer with fewer nurses, NDP says

HEALTH Ontario patients will get poorer health care in the wake of 2,000 registered nurses being laid off in the past year as hospitals struggle to balance budgets, the New Democrats said yesterday.

"Nurses are being thanked with pink slips in this province," NDP Leader Andrea Horwath told the legislature.

Health Minister Deb Matthews said there were bound to be changes for nurses as the government moves patients and programs from hospitals to community care, but added many nurses will immediately find work elsewhere in the system.

But the Ontario Nurses Association said its members were not seeing new jobs created in the community to offset the 2,045 notices sent out in the past 12 months.

THE CANADIAN PRESS

News in brief

ENVIRONMENT Motorists have mostly ignored Toronto's efforts to discourage idling. To get them to pay attention to what they're doing to the air, the Board of Health is thinking about reducing the legal idle time to just 60 seconds, eliminating a loophole that says you can idle if it's very cold or very hot, and turning over enforcement to the city's parking cops, who routinely write 2.9 million tickets per year. The fine for violating the idling law is $125. TORSTAR NEWS SERVICE

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Water meters going smart

In a bid to save on operational costs and ensure more accurate billing, Toronto Water is going smart. Over the next six years, water meters in Toronto homes and businesses will be replaced with new automated devices. The project, which will be officially announced tomorrow, has a $219 million price tag. TORSTAR NEWS SERVICE

News in brief

SCAM WARNING York Regional police are warning consumers to be cautious about buying online tickets to Canada's Wonderland after fake ones appeared last season. Police say the theme park's security wants to protect consumers, following several scams last year. Police say the concern stems from last May, when a victim answered an ad for tickets for sale on a website. The suspect had bought the passes with a stolen credit card and later accepted cash for the passes, giving the victim an e-ticket. A 21-year-old man was arrested in October. THE CANADIAN PRESS

Toronto sees big jump in luxury home sales

REALTY Re/Max says luxury home sales soared in the first quarter of 2010 as affluent purchasers moved to take advantage of favourable market conditions.

The real estate firm says nine out of the 13 Canadian markets it examined shattered records and set new all-time highs for first quarter activity in the upper end.

Toronto saw an increase of 263 per cent, but the overall leader was Kelowna, B.C. with a 700 per cent increase, followed by Montreal at 300 per cent and Victoria at 275 per cent. Hamilton-Burlington saw a 169 per cent jump.

Re/Max says an improved economy, increased personal wealth because of the stock market recovery, immigration and foreign investment all contributed to the upswing in sales and prices. THE CANADIAN PRESS

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Debate on ban of British MP continues

Arguments aired outside as hearing delayed

Tensions over the case of a controversial British MP who was denied entry to Canada last year resurfaced yesterday as protesters on both sides of the issue aired their arguments outside of Federal Court.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Two groups on opposing sides of the ban on British MP George Galloway protested outside the Federal Court yesterday. The Jewish Defence League is against allowing the MP into Canada; The Defend Free Speech Campaign members are challenging Immigration Minister Jason Kenney's decision to ban Galloway.

While the court hearing was postponed until tomorrow after his lawyer, Barbara Jackman, fractured her foot, George Galloway supporters called on Immigration Minister Jason Kenney to resign over what they say was an abuse of power.

"This decision to ban George Galloway was political interference that has attempted to stifle discussion about what is happening in Gaza, what's happening in Afghanistan," said James Clark of the Defend Free Speech Campaign.

The group maintains the ban on Galloway — based on claims that he supported terrorism — was uncalled for and unconstitutional.

Several dozen free speech protesters were joined by a similar number from the Jewish Defence League, who waved Israeli and Canadian flags and chanted: "Don't support terrorism."

While the two sides never clashed they stood just metres apart, trying to drown out the opposing side's chants with their own.

Galloway, a rabble-rousing politician and outspoken supporter of the Palestinian people, was told in March 2009 he would not be allowed to enter Canada for a speaking tour because he had provided financial support to Hamas, a listed terrorist organization.

The Canada Border Services Agency cited his involvement in an aid convoy that delivered clothing, medical items, relief money and vehicles to the elected Hamas government, as well as Galloway's donation of three cars and $44,000 to Prime Minister Ismail Haniya.

Meir Weinstein, national director of the Canadian branch of the Jewish Defence League, said making the debate about free speech confuses the issue.

"This is an issue of material support for terrorist organizations that are banned in Canada," Weinstein said yesterday.

The British MP told Toronto radio station AM640 yesterday that the ban is an "entirely bogus construction by a very right-wing and fanatically pro-Israel Canadian government." THE CANADIAN PRESS

No inquiry in translator cases: AG

COURT The failure of 77 Ontario court translators to pass proficiency exams is not reason enough to launch an inquiry into cases involving those interpreters that resulted in convictions, Attorney General Chris Bentley said yesterday.

The government would have to be handed new information or a "real concrete reason" before it would launch such a review, Bentley said in an interview.

"If there's some evidence, something more beyond the results of the accreditation (exams) to suggest cause for inquiry I'm sure that will be brought to our attention," Bentley said.

Bentley

It was revealed earlier this month that 77 of 223 court translators failed accreditation tests administered by the ministry last June. An additional one-third were given conditional approval, while several hundred more await testing.

Last week the Criminal Lawyers' Association called on the government to conduct an inquiry into the matter and identify cases in which substandard court translation may have resulted in a miscarriage of justice.

Association president Paul Burstein said in an interview yesterday that he is disappointed the attorney general isn't reviewing the issue further.

Accredited interpreters must achieve a score of 70 per cent and above overall and in each category tested, according to the ministry's website. THE CANADIAN PRESS

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Man gets three years for 'reckless' driving

A man was sentenced to three years in prison yesterday for "brazen and reckless" driving. Madam Justice Deena Baltman ruled Alan Kippax's "arrogant and calculated" driving made him criminally responsible for his 31-year-old cousin Peter Kippax's death in a deadly crash, which also seriously injured a Mississauga couple. TORSTAR NEWS SERVICE

U.S. ahead on inclusive streets

Movement entrenches cycling, walking amenities in roads

It's an issue that has municipal election candidates frothing at the mouth. But the push to add bike lanes and pedestrian amenities on city streets isn't unique to Toronto, according to experts who gathered in the city last week for the Complete Streets Forum.

Complete Streets is an American movement to entrench cycling and walking amenities in road design. The idea is to build and retrofit roads so they're usable for people of all ages and physical abilities. It frequently involves the controversial practice of taking lanes away from cars.

Waterloo

• Waterloo is expected to become the first Complete Streets community in Ontario, said Nancy Smith Lea, head of the Toronto Coalition for Active Transportation.

Yet 125 U.S. jurisdictions have adopted Complete Streets policies since 2005. Ontario has none.

"They're definitely further ahead than we are. But we're starting further ahead in terms of sidewalks and access to transit," said Nancy Smith Lea, head of the Toronto Coalition for Active Transportation.

While active transportation advocates in Toronto struggle to mute the political "war-on-the-car" rhetoric in favour of a debate about reallocating the road, Charlotte, N.C., has already begun renovating to accommodate bikes and foot traffic, said Mark Cole, a manager of the city's transportation planning and design department.

Although it has faced similar objections to those levelled at plans to put bike lanes on Jarvis Street and University Avenue in Toronto, the complaints die away once the projects are built, he said.

Since it began making over its roads about five years ago, Charlotte has renovated 19 streets, taking out lanes of car traffic to make room for bike lanes and pedestrian islands. Eleven intersections have also been renovated, with another eight underway.

Toronto doesn't have a Complete Streets policy yet, but it's something the city will probably take a serious look at soon, said Gary Welsh, general manager of Toronto's transportation services. TORSTAR NEWS SERVICE

MuchMusic **Watcha say?**

MUCHMUSIC PHOTO

Jason Derülo performs In My Head yesterday for the MuchOnDemand crowd. The singer from Florida stopped by to discuss, among other things, the influence of Michael Jackson, Usher and Justin Timberlake.

Liberals to revise sex education curriculum

STUDENTS The province is going back to the drawing board to redesign its controversial sex education curriculum, but Education Minister Leona Dombrowsky admits the Liberal government has no idea when the teaching plan will be ready.

Dombrowsky said yesterday it "would be a very ambitious time frame" to get any new guidelines for Grade 1 to Grade 8 students in place by September.

That was when Ontario's modernized health and physical education curriculum was to have been launched — until Premier Dalton McGuinty scrapped it last Thursday 54 hours after socially conservative religious leaders and parents first expressed outrage.

"I have asked officials at the ministry to bring me some options in terms of how we can better engage parents on this issue," Dombrowsky told reporters.

Under the abandoned curriculum, Grade 1 students would have to been taught the correct terms for body parts, including genitalia, which can help prevent sexual abuse.

But what sparked the ire of social conservatives was that Grade 3 students would have learned about homosexuality with sixth graders being taught about masturbation. In Grade 7, concepts of anal and oral sex would have been introduced.

TORSTAR NEWS SERVICE

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GO Transit is proud to support Operation Lifesaver's National Rail Safety Week, April 26 to May 2. Helping reduce crossing collisions and trespassing incidents along Canada's railways is the main focus of this week and our goal is to remind the public on safety around railway crossings, tracks and at stations. Remember to play it safe and always obey railway warning signs and signals. Look, Listen and Live!

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   b) A rock concert is about to start
   c) A parade is approaching

Contest closes Monday, May 3, 2010 at 9:00 a.m.

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Youth worker gets 4½ years for assaults

A former Regina youth worker has been sentenced to 4½ years in prison after pleading guilty to sexually assaulting children. Rald Sawa admitted to assaulting nine boys between 1974 and 1989 when he worked at the Saskatchewan Boys Centre. THE CANADIAN PRESS

Canada

Clothing not optional for campers

It looks like no nudes is bad news for the last nudist campground in Manitoba. The Crocus Grove Sun Club "clothing optional" campground has decided that all visitors must cover up. A spokesperson blames the decision on declining enrolment in nudist organizations. Crocus Grove, north of Winnipeg, had been a nudist campground since it began operation in 1969. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

A man in a Stephen Harper mask takes part in an Oxfam protest over cuts to international assistance yesterday in Halifax.

Protester arrested

CHARGES Halifax police arrested a local official with the Canadian Union of Postal Workers during a demonstration yesterday ahead of today's meeting of G8 development ministers.

Toni MacAfee was charged in provincial court with assaulting a police officer. She was released on conditions.

Police say the incident occurred as police attempted to clear demonstrators from a roadway, where they were allegedly unlawfully assembling and blocking traffic. But union officials say the police were being provocative before the incident. THE CANADIAN PRESS

No abortion cash

Decision could put Canada at odds with G8

Canada won't support funding for abortions in the developing world as part of a family planning initiative, International Co-operation Minister Bev Oda confirmed yesterday on the eve of a meeting with her G8 counterparts in Halifax.

Oda said Canada's contribution to the meeting could involve family planning and the use of contraceptive methods, but funding for abortions was a non-starter.

"The details remain to be determined," she said. "However, Canada's contribution will not include funding of abortions."

Her declaration means a debate over abortion could threaten a bid to find a consensus at the two-day meeting, which is expected to focus on improving the health of mothers and children in poor countries.

Oda insisted Canada's position won't put it at odds with other industrialized nations, including the U.S. The Canadian government still agrees with the internationally accepted definition of family planning as sanctioned by the International Health Organization, the UN and G8 development agencies, Oda added. She also said other development ministers expressed no disagreement with Canada's position.

But critics have said Canada's position could conflict with the U.S. and other G8 partners who say abortion can't be separated from family planning.

Ontario Liberal MP Bob Rae said the Tories' position is ridiculous. "They say, 'We don't want to reopen the abortion debate.' Well, they just did." THE CANADIAN PRESS

A distraction?

Caroline Riseboro of World Vision Canada says the abortion debate is a distraction from what should be the central issue for the G8: Preventing 8.8 million annual child deaths from preventable conditions like diarrhea, malaria and pneumonia.

News in brief

NDP GAINS Canadians are looking more favourably at the NDP as they become increasingly disenchanted with the two main political parties, a new poll suggests. The Canadian Press Harris-Decima survey indicates support for the Conservatives slipped to 29 per cent amid the furor over the Guergis-Jaffer affair. It's the first time in a year the governing party has dipped below the 30 per cent threshold. The Liberals held at 27 per cent, while the NDP gained three points to hit 20 per cent. THE CANADIAN PRESS

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TICO

N.S. plans ban on bottled water in government offices
Nova Scotia's premier says his government is planning to ban bottled water in provincially owned and operated buildings. Darrell Dexter has asked the environment department to draft a policy that would prohibit bottled water in offices where tap water is available. THE CANADIAN PRESS

Man pleads guilty to killing girl

Alta. teen slain in daylight attack

An Alberta man has pleaded guilty to strangling a 14-year-old girl and slashing her throat in a daylight attack that paralyzed a small foothills community for weeks.

Ross Edward Kleman had originally pleaded not guilty to the first-degree murder of Emily Stauffer in September 2008 in Edson, Alta. His trial was set to begin yesterday, but he pleaded guilty to the lesser charge of second-degree murder.

The charge carries an automatic life sentence. Kleman also pleaded guilty yesterday to sexually touching another female under the age of 16 in 2008.

Stauffer, the daughter of a Baptist pastor, sang in her church choir and loved reading books about Jesus. She was killed on the afternoon of Sept. 27 while she was walking along a wooded path in a residential area.

Two boys riding bicycles saw a man attacking a girl on the path in the northwest part of Edson, but by the time they alerted a woman who lived nearby and emergency crews arrived, it was too late.

The crime shook Edson, a resource community of 8,000 about 200 kilometres west of Edmonton. It made parents fear for their children and prompted officials to temporarily close schools.

The sense of panic was amplified in early October by a report of a second attack on a woman, but that later turned out to be bogus. THE CANADIAN PRESS

B.C. View from the top

JONATHAN HAYWARD/THE CANADIAN PRESS

A man stands on the Lynn Valley suspension bridge yesterday as the icy water from the melting snow on the north-shore mountains runs far below in Lynn Valley, B.C.

News in brief

CROPS Ontario farmers expect to seed more dry beans, corn for grain and oats, but wheat is expected to fall for the second year in a row. Statistics Canada released 2010 seeding intentions yesterday for principal field crops after surveying about 2,100 Ontario farmers last month.

ARCHEOLOGY Melting ice pockets high in Canada's Arctic mountains are revealing details of how hunters stalked caribou in the region thousands of years ago. Archeologist Tom Andrews and colleagues have been closely monitoring ice pockets in the Mackenzie Mountains for three years. Andrews said the melting ice has revealed a 2,400-year-old spear, a 1,000-year-old squirrel snare and bows and arrows more than 800 years old. THE CANADIAN PRESS

Murderer on hunger strike fighting to stay in Canada

COURT A detention hearing has heard that a convicted murderer from Bosnia is on a hunger strike and says he would rather die in Canada than be deported.

Elvir Pobric was serving 20 years in the eastern European country for killing two men when he busted out of prison and came to Canada in 1999. He is fighting a deportation order by arguing he was wrongfully convicted and fears for his life if he returns to his homeland.

He is in custody in Calgary and an adjudicator ruled yesterday that Pobric should remain behind bars for at least another month.

Pobric, 38, was convicted for robbing and killing two men in 1992. Court records indicate that he lured two associates, who traded in black-market foreign currency, to his mother's home where he shot them in the head with a pistol.

Another review has been ordered for May 21. THE CANADIAN PRESS

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Hydro One to expand power corridor

Hydro One Networks is set to start widening the Bruce-to-Milton power corridor this spring. Spokeswoman Enza Cancilla said Hydro One has the approvals needed for the 180-kilometre project. THE CANADIAN PRESS

Man knocks out pit bull with shovel

ATTACK A Ucluelet, B.C., man says he was forced to knock out a pit bull with a shovel to stop an attack on a family pet being walked by two children.

Jesse Stenbaugh, 27, said he heard kids screaming for help and ran across the street to find the pit bull shaking a Golden Labrador retriever — about eight months old — by the neck.

He said he grabbed a shovel from a nearby truck and tried to stop the attack by hitting the pit bull and prying open its jaws. But that didn't work, so Stenbaugh said he then smashed the dog on its head several times, knocking it out.

THE CANADIAN PRESS

Former mayor charged in fraud scheme

QUEBEC A former Montreal-area mayor was among three people charged yesterday as a major Quebec corruption probe made its biggest arrests.

The accused included Stephane Harbour, the former mayor of the Montreal borough of Outremont.

The men face a variety of charges including fraud, breach of trust, falsifying documents and conspiracy.

Harbour, who resigned as Outremont's mayor in 2007 after a spending scandal, faces nine charges. Two high-ranking municipal colleagues, Yves Mailhot and Jean-Claude Patenaude, face even more charges.

Police say the alleged crimes occurred between 2005 and 2008. A provincial police spokesman said a tip from a municipal councillor led to the arrests.

The accused, who were freed on bail, must appear in court May 6.

THE CANADIAN PRESS

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MARIA BABBAGE/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff talks to a farmer yesterday at the Holland Marsh, north of Toronto. Ignatieff says he would put more Canadian food on Canadian tables if he became prime minister.

Iggy pushes food safety

Liberal Leader Michael Ignatieff says he would put more Canadian food on Canadian tables if he became prime minister.

The Opposition leader said he would introduce a national food policy that would improve food safety, help struggling farmers and promote healthy eating.

The plan unveiled yesterday in the Holland Marsh — one of Ontario's most fertile agricultural stretches — would include $50 million to improve food inspections and ensure imported foods meet domestic standards.

The Liberals would also create an $80-million fund to promote farmers' markets and local food, and a $40-million program to help 250,000 low-income children get healthy food.

Ignatieff said he would also improve food labelling and create tough standards on trans fats.

He said the Liberals would pay for the plan by freezing corporate income taxes, which would allow them to save up to $6 billion per year.

THE CANADIAN PRESS

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Worth mentioning

Swashbuckling politics

Pirate Party of Canada sails onto legislative scene

Yar! There be a new party on the high seas of Canadian politics.

The Pirate Party of Canada can now run buccaneers in the next federal election, where it says it will run on a platform of measures to fight copyright laws.

Canada's chief electoral officer, Marc Mayrand, granted the Pirates eligible party status April 12.

They will officially join the 19 other registered parties as long as they field at least one candidate in the next election.

The party broke the news to its "maidens and gentlepirates" earlier this month.

"After 10 months of dedication and hard work, we have reached eligible status, which only leaves a 60-day 'purgatory' period," says a statement on the Pirates' website.

"After that, we will field candidates in subsequent federal elections, and begin the real work of a political party."

The Canadian Pirate Party's founders want to make it legal to copy songs, books, movies and artwork for private, non-commercial use.

The party also wants to ban patents on software, life forms and plants, and stretch Canada's privacy laws to cover all digital data.

Parties that want to run in federal elections must be registered with Elections Canada.

Being registered means the Pirates can issue tax receipts for political contributions, and they must report their finances to the elections watchdog.

"What this party has done is they've cleared all the paperwork," said Elections Canada spokesman John Enright.

"So they've gone through all of the administrative hurdles, barring the nomination of a candidate at election. And that will make them a registered political party."

The Pirate Party was founded last June. It's modelled after Sweden's Pirate Party, the country's third-largest party, which won a seat in last year's European Parliament elections.

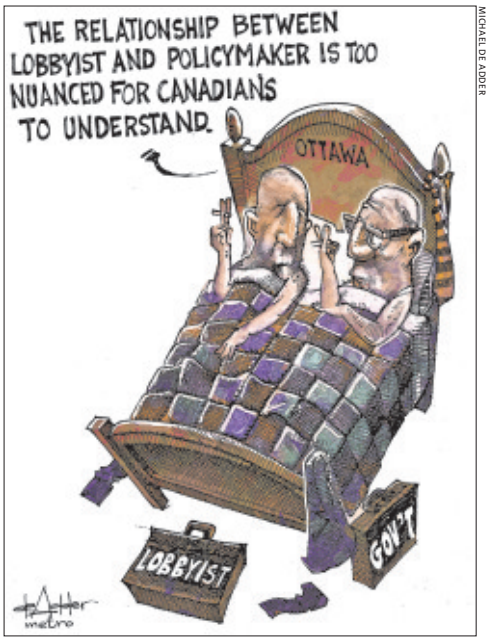
"We need a world ... where artists and inventors are free to create without the chains of mismanagement and executive privilege," says a statement on the Canadian party's website.

"We need to foster technological development in all fields of everyday life, in an open manner. We need to bring focus to the privacy of the individual while shedding light on the work that government does so that we can avoid hidden laws and treaties that attack Canadians."

Pirate Party Leader Jake Daynes wasn't immediately available to comment.

The Pirates will join other, lesser-known registered parties such as the Marijuana Party, the Rhinoceros Party, the Work Less Party and the Animal Alliance Environment Voters Party of Canada.

THE CANADIAN PRESS



MICHAEL DE ADDER

Noteworthy

Web shifting doc, patient power balance

Rebecca Cooney may have a debilitating, degenerative disease, but that doesn't mean she's ready to automatically defer to the authority of the medical community.

"I've never been a person who thinks somebody else can make decisions for me. Even my doctors — they're the experts, I take what they say, but I have my own mind and my own information," says Cooney, 42, who has been living with multiple sclerosis for the past 18 years.

"I'm not one that believes the pope is the only one who can speak to God. I can speak to God myself."

There have always been patients with Cooney's independent bent. But these days there seems to be hordes of them, due in large measure to the extraordinary reach of the Internet.

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors ..." Rebecca Cooney, MS patient

A technology that makes a pioneering or profiteering clinic somewhere overseas a mere Google search away, the Internet is changing the nature of patient advocacy. It's amping up the activism.

And those more activist patients, who share information and strategies through email, discussion boards and Facebook, are in some cases altering the research agenda in fields such as cancer, alternative medicine and now multiple sclerosis.

Some want access to experimental drugs or therapies before science has proven they are safe or useful. In other cases, they are agitating for a say in which theories, techniques or treatments get research funding.

Patients like Cooney are thrilled about what she describes as the huge power shift she has seen in the years since she was first diagnosed.

"The Internet — email — has really allowed me and most of the MS patients to really work in conjunction with the doctors, which we've never been able to do," she says.

"It used to be almost what your neurologist said or what your doctor said was God. You couldn't really debate it. You couldn't say anything. Because you didn't know.

"Now, I'm empowered. I can find out information."

Other players are not so enthusiastic, saying the change is fostering tension within disease advocacy organizations and between doctors and their patients.

THE CANADIAN PRESS

Research

Four bad habits can age you by 12 years: Study

Four common bad habits combined — smoking, drinking too much, inactivity and poor diet — can age you by 12 years, sobering new research suggests.

The findings are from a study that tracked nearly 5,000 British adults for 20 years, and they highlight yet another reason to adopt a healthier lifestyle.

Overall, 314 people studied had all four unhealthy behaviours. Among them, 91 died during the study, or 29 per cent.

Among the 387 healthiest people with none of the four habits, only 32 died, or about eight per cent.

The risky behaviours were: Smoking tobacco, downing more than three alcoholic drinks per day for men and more than two daily for women, getting less than two hours of physical activity per week, and eating fruits and vegetables fewer than three times daily.

These habits combined substantially increased the risk of death and made people who engaged in them seem 12 years older than people in the healthiest group, said lead researcher Elisabeth Kvaavik of the University of Oslo. The study appeared in yesterday's Archives of Internal Medicine. THE ASSOCIATED PRESS

Quote of the Day

"Canada's contribution to child and maternal health may include family planning. However, Canada's contribution will not include funding abortion."

— MP JIM ABBOTT, PARLIAMENTARY SECRETARY TO INTERNATIONAL CO-OPERATION MINISTER BEV ODA, AFTER THE HARPER GOVERNMENT SAID IT WON'T FUND ABORTION AS PART OF ITS G8 CHILD- AND MATERNAL-HEALTH PLAN FOR POOR COUNTRIES. THE CANADIAN PRESS

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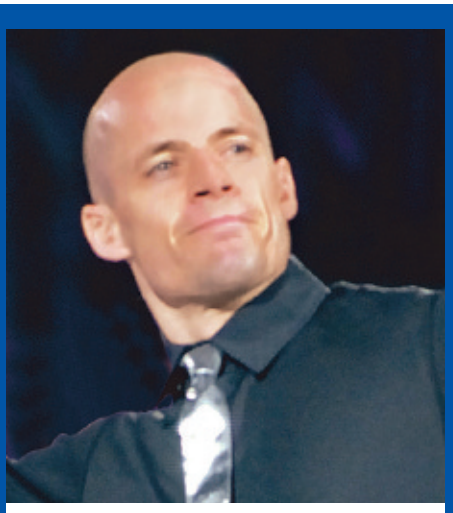

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Armed man arrested at airport as Obama flight takes off

An armed man spotted at a airport parking lot just after Air Force One departed and who said he wanted to see President Barack Obama was being held at the request of federal authorities, a judge said yesterday. Authorities arrested Joseph Sean McVey, 23, on Sunday afternoon at the Asheville Regional Airport in North Carolina. THE ASSOCIATED PRESS

World

UN veto 'satanic tool': Iran president

Facing the threat of new UN sanctions, Iran's president says the veto power held by the U.S. and other permanent Security Council members is a "satanic tool." In a speech in Tehran, Mahmoud Ahmadinejad said yesterday the veto rights giving those nations more power than other council members are used to "suppress and destroy the nature of the human being." THE ASSOCIATED PRESS

Asian carp decision thrown back by U.S. Supreme Court

The U.S. Supreme Court decided yesterday not to get involved in a dispute over how to prevent invasive Asian carp from making their way into the Great Lakes.

The justices turned down a new request from Michigan to consider ordering closure of Chicago-area shipping locks to prevent the fish from threatening the Great Lakes. The locks could provide a pathway to Lake Michigan for the unwanted carp.

The court had previously declined twice to order the locks closed on an emergency basis while it considered whether to hear the case. This time, the court rejected a proposal by Michigan and six other states to use a long-standing case involving water diversion from Lake Michigan as a vehicle for seeking to permanently sever a man-made linkage between the Great Lakes and the Mississippi River basin.

"It is now up to (Obama) to save thousands of Michigan jobs and our environment."
Mike Cox, Michigan Attorney General

45 Michigan has led the legal fight to close the locks, arguing that the ravenous carp, weighing up to 45 kilograms, could decimate the lakes' $7 billion fishing industry by starving out competitors such as salmon and walleye.

Mike Cox, the state's attorney general and a Republican candidate for governor, said responsibility for blocking the carp's advance now lies with President Barack Obama and Democratic congressional leaders. The Obama administration sided with Illinois in opposing closure of the locks.

"While President Obama has turned a blind eye to the millions of Great Lakes residents who do not happen to live in his home state of Illinois, it is now up to him to save thousands of Michigan jobs and our environment," Cox said.

The justices gave no explanation for their decision. The two-sentence order denied both Michigan's request to reopen the diversion case or, as a fallback, let the state file a lawsuit raising the same issues.

THE ASSOCIATED PRESS

AMR NABIL/THE ASSOCIATED PRESS

Sudanese President Omar al-Bashir holds up his finger after voting on April 11. He won another term despite rampant election fraud allegations and facing an international arrest warrant.

Sudan leader re-elected despite criminal charges

AFRICA Sudan's president won another term in office yesterday with a comfortable majority in elections marred by boycotts and fraud allegations, becoming the first head-of-state to be re-elected while facing an international arrest warrant for war crimes.

The victory by Omar al-Bashir was widely expected after his most credible challengers pulled out from the race complaining of fraud.

But it was likely to raise questions over his international standing and among his opponents, and was unlikely to alter Sudan's isolation.

Al-Bashir can't travel freely because he risks being arrested to face charges before the Hague-based International Criminal Court for war crimes committed in Sudan's western Darfur region.

Sudan's first multiparty presidential, parliamentary and local elections in 24 years were a key requirement of a 2005 peace deal that ended a 21-year civil war.

THE ASSOCIATED PRESS

London Science Museum **Living monument**

KIRSTY WIGGLESWORTH/AP PHOTO

Model Flip Driver has a makeover using an Egyptian makeup palette from the 18th Dynasty at the Science Museum in London yesterday. The museum will stage an Egyptian style makeup workshop at its Lates evening tomorrow.

Thai king speaks out for first time since crisis began

POLITICS Thailand's ailing king spoke publicly yesterday for the first time since his country descended into political chaos, but the man seen by many as the best hope for securing a peaceful resolution failed to address the deadly crisis that has shut down parts of the capital.

Speaking at the hospital where he has been staying for more than seven months, King Bhumibol Adulyadej told the country's newly appointed judges that they should continue to faithfully carry out their duties and help keep the country stable.

THE ASSOCIATED PRESS

Will an alleged Muslim polygamist be a boon for France's proposed burqa ban – or will it backfire?

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News in brief

OIL SPILL Crews raced to protect the Gulf of Mexico coastline yesterday as a remote sub tried to shut off an underwater oil well that's gushing 42,000 gallons a day from the site of a wrecked drilling platform. If crews can't stop the leak, they might need to drill another well. THE ASSOCIATED PRESS

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Peace talks to restart

Netanyahu, Abbas signal readiness to resume negotiations

Palestinian President Mahmoud Abbas signalled yesterday that he is ready to start indirect peace talks with Israel, after weeks of hesitation.

The talks were derailed after Israel infuriated Washington and the Palestinians last month by announcing a major new east Jerusalem housing development. But municipal officials have said the Israeli government has effectively frozen new Jewish construction in Israeli-annexed east Jerusalem, the Palestinians' hoped-for capital.

Abbas told Israel's Channel 2 TV in an interview yesterday that he will present the U.S. proposal for talks to the Arab League this week, and "we hope that the reply will be positive."

"We have asked both sides to take steps to rebuild trust and to create momentum so we can see advances in peace talks."
P.J. Crowley, U.S. State Department

Green light

- Abbas is to consult with Arab League representatives Saturday on whether to agree to the indirect talks. In previous consultations, the Arab League had given Abbas the green light.

The U.S. has proposed indirect peace talks between Israel and the Palestinians, with President Barack Obama's envoy as go-between.

In recent days, the U.S. had stepped up efforts to coax Abbas back to the table. White House envoy George Mitchell met with Abbas last week and Obama assured Abbas in a recent letter that he would work hard to reach a comprehensive Mideast peace deal.

In Washington, U.S. State Department spokesman P.J. Crowley wouldn't discuss what Israel was telling the United States about Jewish construction.

"We have asked both sides to take steps to rebuild trust and to create momentum so that we can see advances in" peace talks, Crowley told reporters.

THE ASSOCIATED PRESS

EFREM LUKATSKY/THE ASSOCIATED PRESS

People light candles placed in the form of a radioactive symbol next to the Mikhaylivsky Cathedral in Ukraine's capital Kiev, on the 24th anniversary of the Chernobyl nuclear disaster.

Chernobyl remains a serious threat, Ukraine president says

DISASTER Ukraine's president warned yesterday on the anniversary of the world's worst atomic accident that the Chernobyl nuclear reactor remains a serious threat to Europe.

The 1986 reactor explosion sent a cloud of radiation over much of Europe and severe health problems persist a quarter-century later.

President Viktor Yanukovych says some two million people suffer illnesses caused by the radiation.

16 The Chernobyl power plant was only 16 kilometres from the border between the Ukrainian and Belarus republics and roughly 110 km north of Kiev.

The exploded reactor is encased in a deteriorating shell and internationally funded work to replace the shell is far behind schedule.

Yanukovych said during yesterday's commemoration ceremonies that the reactor is a threat "not only for Ukraine, but for Europe, Russia and Belarus."

The radiation left swaths of Ukraine and Belarus uninhabitable.

Yanukovych laid flowers at a monument to explosion victims in Chernobyl, and visited a plant on reprocessing a spent nuclear fuel.

Yanukovych pledged to give better care for Chernobyl victims and those who still suffer from the related diseases, calling that an issue of "conscience and honour."

THE ASSOCIATED PRESS

News in brief

VATICAN The bishop responsible for a politically connected priest accused of molesting seven boys has admitted in court papers obtained by the Associated Press that he knew of the allegations for two years but didn't remove the priest from working with children.

AFGHANISTAN The United Nations scaled back its operations in the troubled southern city of Kandahar yesterday, relocating several foreign employees to Kabul and telling Afghan UN workers to stay home amid rising violence.

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Canadians retiring in debt

A survey by the Royal Bank suggests four in 10 Canadians over the age of 50 who have assets of at least $100,000 have retired with some form of debt. In addition, one quarter entered retirement with a mortgage on their primary residence. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Make-or-break time for BlackBerry maker?

The heat is on BlackBerry-maker Research In Motion as the company heads into its annual industry showing of new products and services in what could be the most competitive year yet for smartphones.

The Waterloo, Ont.-based company opens the three-day annual showcase today in Orlando, Fla., where it's expected to update some devices, add new products and partnerships and, perhaps, offer a few surprises.

There are rumours that RIM will announce an updated web browser designed to compete with Apple's popular iPhone, and perhaps even plans for a new operating system.

"In the evolution of the company, this is going to be a very important year, for sure," said Neeraj Monga, an analyst for Veritas Investment Research Corp.

"People are either going to give credit to the company that it can out-compete and out-innovate Apple, or they're going to give up and say 'BlackBerry had a great run, but it's another one of those technology businesses that has matured and just cannot keep up with its innovative competitors.'"

"In the evolution of the company, this is going to be a very important year, for sure."
Neeraj Monga, analyst

Whether this year is literally such a sink-or-swim scenario for RIM is debatable, but it's hard to deny the company is facing some of its fiercest competition yet.

In the past year, both the iPhone and Google's Android smartphones have gained notable shares in North America's smartphone market, a space once clearly dominated by RIM's BlackBerry products.

While RIM was able to build on its solid base within the business and government communities by adding consumer-friendly features to various BlackBerry models, critics say RIM has been slow to develop a new web browser for its devices that can compete with some of the more user-friendly designs on the market.

However, the highly-competitive market is more complex than simply a new browser, as smartphone pioneer Palm learned last year when it unveiled a new browser design to critical raves.

Palm's stock has since fallen to multi-year lows.

THE CANADIAN PRESS

MANU FERNANDEZ/THE ASSOCIATED PRESS

The heat is on BlackBerry-maker Research In Motion as the company heads into what could be the most competitive year yet for smartphones.

Aeroplan expanding to Mexico

MARKETING Groupe Aeroplan is further spreading its wings beyond Canada by spending up to $34 million US to buy a minority stake in AeroMexico's frequent flyer program, Club Premier. The investment in the loyalty program of Mexico's largest domestic airline marks the Montreal-based company's first move specifically involving an airline outside the Canadian market. Its primary partner is Air Canada. Aeroplan chief executive Rupert Duchesne said the investment will generate a significant potential return for its shareholders, and also provides an entry into the high-growth Latin American market.

THE CANADIAN PRESS

Jazz buys into Uruguay airline

AIRLINES Jazz Air Income Fund has acquired a stake in Uruguay's flagship airline Pluna to broaden the Canadian company's base beyond partner Air Canada and give the Halifax-based carrier more international exposure.

"This gives us our window on the international side of the business," president and chief executive Joseph Randell told a conference call yesterday after Jazz announced the investment deal. "The South American travel market is a bustling one."

Jazz will invest $15 million US in Uruguay-based Pluna Lineas Aireas Uruguayas. THE CANADIAN PRESS

Tokyo Going electric

AP PHOTO/SHIZUO KAMBAYASHI

Japanese government officials and company executives gather for the opening ceremony of a battery switch station for electric vehicle taxis in Tokyo, Japan yesterday. Three electric cabs began a 90-day trial that officials and the company involved say could eventually lead to the electrification of the city's entire taxi fleet.

New rules put project in question

MINING Greystar Resources Ltd. shares plunged yesterday after the Canadian mining company warned that its flagship Angostura project is now in doubt because of sweeping changes being sought by Colombia's environment ministry.

By midday, the Vancouver-based company's shares were down $2.72 or almost 43 per cent at $3.72 on volume of more than 5.2 million shares, making Greystar one of the active issues on the Toronto Stock Exchange.

Greystar says Colombia's Ministry of the Environment, Housing and Territorial Development (MAVDT) wants the new environmental study that assumes the open pit mining project would occupy an area below 3,200 metres of elevation because of its location on the fringes of an environmentally sensitive area.

That would be a problem for Greystar since almost all of the project's infrastructure and half the proposed open-pit gold and silver mine would be above 3,200 metres, the company said in a news release.

"MAVDT's request would require the Angostura project to be completely redesigned," including identifying and acquiring new land positions to house displaced facilities and initiating new environmental baseline studies, Greystar said.

The company has five days to appeal the administrative decision.

THE CANADIAN PRESS

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New management lineup at Antler Creek

Antler Creek Energy Corp. has announced a $20-million financing arrangement with a group of investors who will comprise the junior oil and gas explorer's new management team. The investors will subscribe for up to 53.5 million common shares at 37.5 cents apiece. THE CANADIAN PRESS

RBC shares touch record on talk of acquisitions

BANKING Royal Bank of Canada shares briefly touched their all-time high yesterday as analysts pegged RBC as the most likely Canadian bank to participate in a cleanup of the American financial system by one of the U.S. regulators

Canada's biggest bank saw its common stock rise to an intraday high of $62.08, before giving up some of their gains.

The market activity came on the heels of several analyst reports that suggest Royal could follow some of the other big Canadian banks in making an American acquisition in co-operation with the U.S. Federal Deposit Insurance Corp.

On Friday, BMO Financial Group said it has acquired Illinois-based Amcore Bank N.A. in a deal with the FDIC. A week earlier, TD Bank picked up the assets and liabilities of three Florida-based banks under a risk-sharing agreement with the FDIC.

THE CANADIAN PRESS

Higher rates don't scare homebuyers

Canadians comfortable with debt: CMHC

The Bank of Canada may be concerned about the level of debt homeowners are assuming, but consumers who have recently taken out or renewed their mortgage are not.

A new online survey of Canadians active in the mortgage market, including first-time buyers, shows the vast majority are not only comfortable with their level of debt, but two-thirds think they will pay their loans off sooner than required.

The annual survey by Canada Mortgage and Housing Corporation also suggests that Canadians are savvy consumers when it comes to buying a home.

On average, consumers surveyed say they took a year to think through their decision and 89 per cent said they used the Internet to research mortgage options.

According to the CMHC, nine in 10 new buyers believe ownership is a good long-term investment and that now is a good time to purchase a home.

81 The Canada Mortgage and Housing Corporation survey found that 81 per cent are "comfortable" with their level of debt. But even the 19 per cent who did not answer in the affirmative didn't raise a red flag — 13 per cent were neutral, five per cent were somewhat not comfortable, and only one per cent said they were very uncomfortable.

The housing market has been one of the mainstays of the economic recovery, with prices and sales already back, and in some markets, beyond pre-recession levels.

Among first-time buyers, 85 per cent said they had a good understanding of how much of a mortgage they could afford.

The results are not surprising to CIBC economist Benjamin Tal, who recently researched the housing market for his bank. Tal's report tended to undercut concerns that Canadians were significantly vulnerable to rising interest rates.

"The number of people who are really, really vulnerable is a relatively small number," he said.

Tal says Canadians traditionally adopt a variety of strategies to rising rates, including locking in to longer-term fixed mortgages, something he says is already occurring.

The other difference between the Canadian situation and that of the U.S., where the sub-prime crisis triggered a financial market meltdown, is that lower-income Canadians tend to be more conservative than higher-income buyers, said Tal.

THE CANADIAN PRESS

Hertz buying rival for nearly $1.2B

AUTOMOTIVE Hertz Global Holdings Inc., the world's largest car rental company, said yesterday it has agreed to buy rival Dollar Thrifty Automotive Group for about $1.17 billion US in cash and stock.

Hertz said the deal will give it an additional 1,550 additional locations, boosting its total to 9,800. It said it will boost its leisure rental business in Europe and elsewhere.

Hertz said its bid values Tulsa, Okla.'s Dollar Thrifty at $41 per share, a 5.5 per cent premium to Friday's closing price of $38.85. The offer is made up of 80 per cent cash and 20 per cent Hertz stock.

Dollar Thrifty will become a wholly owned unit of Hertz when the deal closes. Hertz, based in Park Ridge, N.J., expects the deal to start adding to profits immediately, and said it has already identified at least $180 million in potential cost cuts from combining the two businesses.

Hertz separately reported a smaller first-quarter loss. The company trimmed its loss to $150.4 million, or 37 cents per share, from $163.5 million, or 51 cents per share, a year ago.

THE ASSOCIATED PRESS

Business in brief

CONSTRUCTION Aecon Group Inc., a national construction company based in Toronto, has become a member of the joint venture that's expanding one of Quebec's major highways in partnership with the provincial government. Aecon now owns 16 per cent in a joint venture that will build a 42-kilometre expansion of Autoroute 30 in southwestern Quebec. Construction of the highway has begun and is scheduled for completion in 2012.

THE CANADIAN PRESS

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Please check bank websites as some rates require minimum account balance

Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

7 extra homebuying costs

AlisonOnMoney

Spring may be the traditional season of love but it is also the season of nesting. Last week I started a list of extra homebuying expenses.

Here are seven more to help you budget.

1 Replacements: Curtains and rugs come in standard sizes but, amazingly, when you move they never seem to fit the new nest. And if the drapes remain from the previous owner they will never match your furniture.

2 Condo costs: These can include a parking spot if one doesn't come with the unit and the monthly condo fee paid in advance.

3 Commuting: If you are moving out of town to get more house for your money don't forget to factor in the additional costs of commuting. While not directly related to your house purchase, commuting has a big impact on your bottom line.

4 Moving: You will be stunned at the cost especially if you are moving more than a couple of blocks. Before you buy get estimates for your prefered locations. Do-it-yourself moving is cheaper but costs include the moving van, gas, broken items and worn out friendships.

5 Repairs: You know how it goes. The real estate agent sails through the house noting that a little paint here, a bit of carpentry there and you have an Elle Decor worthy abode. Take a camera with you to record what repairs must be made and also those you would like to make. Pass these on to the home inspector, most of whom will provide estimates for repair or replacement of common items.

6 Insurance: Necessary but often forgotten while calculating monthly payments. Get at least two estimates and make sure you inquire about the need for separate riders for items such as jewelry, high-end bicycles, art and antiques. Cost is highly variable depending on replacement value of house, value of contents and coverage.

7 Tax: Last, but not least, new construction will be subjected to GST/HST. In Ontario and B.C., the HST debuts July 1 but there are rebates to alleviate or eliminate the pain. Go to www.hstincanada.com

Canada Mortgage and Housing Corporation has an excellent section on its website called Homebuying Step by Step. (cmhc-schl.gc.ca/en/co/buho/hoststr/index.cfm).

Alison's Money Rule:

- Know what you really can afford by factoring in the additional costs of buying a new home.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

Fixed rates versus variable

MORTGAGES With a growing number of people looking to buy a home, every homebuyer faces the age-old question of whether to choose a fixed or variable rate mortgage.

"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert about their situation and make decisions based on their particular circumstances," said Jane Yuen, senior manager, mortgages, BMO Bank of Montreal.

The case for going fixed: There's a small risk of an inflation flare-up as global central banks keep the pedal to the policy metal, coupled with record government deficits. If the Bank of Canada raises interest rates significantly, variable mortgage rates could head up, too, but leave fixed rates relatively unscathed. Plus, fixed rates are currently attractive given that short-term rates are already as low as they can go.

"The most important thing a current or first-time homeowner can do is talk to a knowledgeable mortgage expert about their situation." Jane Yuen

The case for going variable: Variable rates have generally been less costly over time. The calm outlook for inflation will likely keep price pressures at bay well into 2011. There's also some risk to locking in as fixed rates could fall if the economy performs worse than anticipated.

The verdict: For those who don't have a lot of financial flexibility — such as first-time homebuyers and those who would run into difficulty from an upswing in interest rates — the moderate extra cost for peace of mind from going fixed may be a price worth paying. There's also a reasonable chance fixed rates may actually prove to be a cheaper alternative. It's likely that variable rates will climb by enough to tilt the balance in favour of fixed rates. NEWS CANADA

Money sitting on the sidelines

Investing

The March inflation numbers clearly showed that the large increase for February was due to the Winter Olympics in B.C.

In February, prices for things such as traveller accommodations soared 16 per cent, but in March they dropped back to a more normalized 2.8 per cent. Canada's annual inflation rate in March dropped two-tenths of a point to 1.4 per cent and the much more closely watched Bank of Canada's core inflation rate fell by four-tenths to 1.7 per cent (back below the two per cent level the BOC considers crucial).

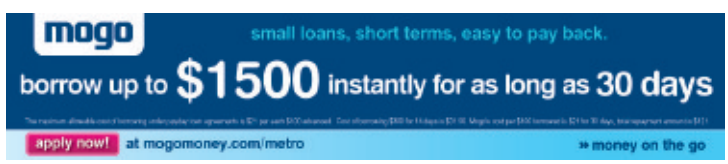
So does this mean that Canada's central bank will still raise interest rates at its next scheduled meeting in June? I believe it does. As the economy continues to rebound the emergency measures put in place by the Bank of Canada to help the economy back on its feet are no longer needed.

With the new data released Friday, I believe the stock market has even more ammunition to move higher. A rising interest rate environment is never a good thing for the stock market. However, if the rise is gradual, I believe the market will be able to cope better and not fall as Canada raises its interest rates.

As well, look for fixed income products like GIC's, government bonds and even good quality corporate bonds to remain paying a low rate of interest for the foreseeable future. This, too, in my opinion will only get even more investors that are tired of these low interest rates on fixed income products to move their money into the stock market for potentially a better return.

There is a lot of money still on the sidelines in investments like money market and high interest accounts. The longer the rates stay low, the more likely these individuals holding these investments will consider investing in the stock market to potentially get that higher rate.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com



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Masterton finalists named

Tampa Bay Lightning defenceman Kurtis Foster, San Jose Sharks forward Jed Ortmeyer and Washington Capitals goalie Jose Theodore are the finalists for the Bill Masterton Memorial Trophy. The award is given to the NHL player who best exemplifies the qualities of perseverance, sportsmanship and dedication to hockey. THE CANADIAN PRESS

Sports

Howard signs hefty deal

Ryan Howard, left, agreed to a $125-million US, five-year contract extension through 2016 with the Philadelphia Phillies yesterday that includes a club option for 2017. The 30-year-old slugging first baseman will have a $25-million guaranteed average salary, which will be baseball's second-highest behind Alex Rodriguez's $27.5-million average. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Bruins end Sabres' run in playoffs

David Krejci had two goals and one assist to lead Boston to a 4-3 victory over the Buffalo Sabres in Game 6 of their first-round playoff series last night and put the Bruins in the Eastern Conference semifinals.

Tuukka Rask stopped 27 shots for Boston, which will play either Philadelphia or Pittsburgh in the second round.

It's Boston's second playoff series victory — and first at home — since 1999.

Buffalo, which missed the playoffs in each of the past two seasons, has not advanced since reaching the conference semifinals in 2006 and '07.

Mark Recchi had a goal and an assist, and Miroslav Satan also scored for the Bruins.

Olympic MVP Ryan Miller made 28 saves for Buffalo. Patrick Kaleta and Nathan Gerbe scored for the Sabres, and Thomas Vanek made it 4-3 with 1:13 left after the goalie was pulled for an extra skater.

The Sabres pulled Miller with 2:25 left, trailing by two goals, and again after a faceoff at centre ice with just over two minutes remaining.

THE ASSOCIATED PRESS

Blue Jays lose a wild one

Twelve runs a season high, but not enough to beat Boston

In a wild, unpredictable game that pressed more than a dozen pitchers into action, the Toronto Blue Jays did everything but score the one run they needed most last night, falling 13-12 at home to the Boston Red Sox.

It was the team's third straight loss, coming at the end of a game that was also the team's highest-scoring of the season. It was also Toronto's longest outing — at four hours three minutes — and represented the most runs the team has surrendered in a single game in 2010.

Former Blue Jay Marco Scutaro scored four runs for the Red Sox, who were also powered by a four-RBI performance from catcher Jason Varitek. Jose Bautista smacked a three-run home run for Toronto, highlighting a season-high six-run inning in the third, but it was not enough to heal the wounds opened by Blue Jays starter Dana Eveland.

The defeat dropped the Blue Jays to 10-10, leaving their record at .500 for the first time since the second game of the season. Paid attendance was announced as 13,847, which was actually smaller than the crowd Toronto drew for its series finale against the Kansas City Royals last week (15,577).

TONY BOCK/TORSTAR NEWS SERVICE

Toronto Blue Jays starter Dana Eveland pitches in the third inning last night against the Boston Red Sox at the Rogers Centre. The Red Sox won 13-12, dropping the Jays to 10-10 on the season.

For the three-plus innings he worked, Eveland looked as though he might have been the most popular player on the field. Everyone seemed to drop by the mound for a chat, from the catcher to the pitching coach and the third baseman, but the left-hander couldn't have enjoyed much of what they had to say.

Eveland has a history of struggling against the Red Sox, and last night proved to no different. He allowed eight hits and seven earned runs in an abbreviated appearance, a performance that also included a wild pitch.

It was the first unquestioned bomb of his Blue Jay career, one he started with a franchise record earlier this month. Eveland pitched 11.1 scoreless innings over his first two starts with Toronto to post the longest such streak in team history.

THE CANADIAN PRESS

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See the Local page to learn how to scan.

Sports in brief

NFL The New England Patriots yesterday released former Pro Bowl linebacker Adalius Thomas, who joined the team as a high-profile free agent in 2007, but fell into disfavour with coach Bill Belichick last season.

NFL The Jacksonville Jaguars released two-time Pro Bowl defensive tackle John Henderson, opening up a starting spot for first-round draft pick Tyson Alualu.

SOCCER England midfielder David Beckham says he won't recover from his Achilles injury to play again until November, ruling him out of the entire MLS season for the Los Angeles Galaxy.

NFL Steelers quarterback Ben Roethlisberger says he won't appeal his six-game suspension for violating the NFL's personal conduct policy. Emphasizing he committed no crime, Roethlisberger apologized yesterday to his teammates and fans for his behaviour last month in a Georgia bar, where a 20-year-old college student accused him of sexual assault.

SOCCER Dwayne De Rosario, Toronto FC's captain and one-man scoring machine, is the MLS player of the week. The 31-year-old from Scarborough scored one goal and set up the other in Toronto's 2-0 win over the visiting Seattle Sounders Sunday. De Rosario has scored five of TFC's six goals this season.

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It's all included

Vazquez suspended by cycling body

Spanish rider Manuel Vazquez has been provisionally suspended by cycling's governing body after testing positive for EPO. THE ASSOCIATED PRESS

The 'end of the line'

New Jersey's Lemaire, 64, retires from coaching

The energy is gone, so Jacques Lemaire is walking away from coaching.

Just four days after the New Jersey Devils were eliminated from the playoffs in the first round for the third straight year, the 64-year-old Lemaire made the surprising announcement yesterday that he is retiring as a coach.

"It's tough to leave what you like, but it's a decision that I made," he said.

Lemaire said he thought about retiring several times this season and that the loss to the Philadelphia Flyers in five games had nothing to do with his decision. He relayed it to Devils president Lou Lamoriello over the past 24 hours.

"It's not the team, it is not the result or the lack of result we had in the playoffs," a glassy-eyed Lemaire said. "It's not that at all. It's the end of the line. I'll be 65. It's just time."

Lamoriello said Lemaire, who made the Hockey Hall of Fame in 1984 for his playing career, will stay with the Devils in a role yet to be determined.

Lemaire coached 16 seasons in the NHL with Montreal, New Jersey and Minnesota, posting a 588-441 won-lost record.

His teams also played 124 ties and lost 60 games in overtime or shootouts.

He won the Jack Adams Award as the league's top coach in 1994 and 2003.

THE ASSOCIATED PRESS

BRUCE BENNETT/GETTY IMAGES

With New Jersey Devils team president Lou Lamoriello, left, by his side, head coach Jacques Lemaire announces his retirement at the Prudential Center yesterday in Newark, N.J.

Doubles win for Federer

Roger Federer opened his clay-court season with a solid doubles victory yesterday at the Rome Masters, while former champion Juan Carlos Ferrero was upset by Colombian qualifier Santiago Giraldo in singles. THE ASSOCIATED PRESS

Comeback Kids stay cool

'Resilient' Canucks don't fall apart when they fall behind

The Vancouver Canucks often enter third periods down, but they never feel like they're out.

The Canucks were Comeback Kids during the regular season and have continued that trend in the playoffs.

"For some reason, in some games, this group needs to be down to start playing the game we are capable of playing," centre Ryan Kesler said yesterday. "We know our offence is probably the strongest it's been.

"We have a lot of lines that are very confident and we know we can put the puck in the net."

The Canucks trailed 2-1 after 40 minutes but beat the Kings 4-2 Sunday to clinch the best-of-seven Western Conference quarter-final series in six games. In Game 4, Vancouver trailed 3-2 after the second period but won 6-4 to tie the series 2-2.

"Our players have proven through the season, and again in the playoffs, they are a very resilient group," said coach Alain Vigneault. "They don't quit.

"As long as there is life, they keep pushing. To come back in the regular season is something. To come back in the playoffs is even more challenging. Our guys were able to do it twice on the road."

It's no wonder the Canucks don't fret when down heading into the third. Vancouver led the NHL during the regular season with 11 wins when after trailing following two periods.

"We've come from behind so many times, it builds confidence," said defenceman Kevin Bieksa, who tied Sunday's game early in the third period with his first goal of the playoffs. THE CANADIAN PRESS

STEPHEN DUNN/GETTY IMAGES

Vancouver Canuck Daniel Sedin celebrates Sunday after scoring the go-ahead goal against the Los Angeles Kings during Game 6 of the Western Conference quarter-finals in Los Angeles.

Canadiens force Game 7

(Series tied 3-3)

Capitals 1 Canadiens 4

Mike Cammalleri scored two early goals and Jaroslav Halak made 53 saves as the Montreal Canadiens staved off elimination from the NHL playoffs for a second game in a row with a 4-1 victory over the Washington Capitals last night.

The best-of-seven first-round series is tied 3-3 with the decisive Game 7 set for tomorrow night in Washington.

Maxim Lapierre also scored and Tomas Plekanec had an empty-net goal for the Canadiens, who killed off six Washington man advantages and have held the league's best regular-season power play to 1-for-30 in the series. Eric Fehr finally broke Halak's bid for a first career playoff shutout on Washington's 52nd shot with 4:50 left in the game. THE CANADIAN PRESS

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS
Montreal 4 Washington 1 (Series tied 3-3)
Boston 4 Buffalo 3 (Bruins win series 4-2)
Chicago at Nashville

TODAY'S GAME
Detroit at Phoenix, 9 p.m. (Series tied 3-3)

NBA PLAYOFFS

YESTERDAY'S RESULTS
Orlando at Charlotte
Atlanta at Milwaukee
Portland at Phoenix

TODAY'S GAMES
Miami at Boston, 7 p.m. (Celtics lead series 3-1)
Chicago at Cleveland, 8 p.m. (Cavs lead series 3-1)
San Antonio at Dallas, 9:30 p.m. (Spurs lead series 3-1)
Okla. City at L.A. Lakers, 10:30 p.m. (Series tied 2-2)

BASEBALL

YESTERDAY'S AL RESULTS
Boston at TORONTO
Detroit at Texas
Seattle at Kansas City
Cleveland at L.A. Angels

YESTERDAY'S NL RESULTS
San Diego 10 Florida 1
L.A. Dodgers at N.Y. Mets
Washington at Chicago Cubs
Pittsburgh at Milwaukee
Atlanta at St. Louis
Arizona at Colorado
Philadelphia at San Francisco

TODAY'S AL GAMES
Minnesota at Detroit, 7:05 p.m.
N.Y. Yankees at Baltimore, 7:05 p.m.
Boston at TORONTO, 7:07 p.m.
Oakland at Tampa Bay, 7:10 p.m.
Chicago White Sox at Texas, 8:05 p.m.
Seattle at Kansas City, 8:10 p.m.
Cleveland at L.A. Angels, 10:05 p.m.

TODAY'S NL GAMES
L.A. Dodgers at N.Y. Mets, 7:10 p.m.
San Diego at Florida, 7:10 p.m.
Cincinnati at Houston, 8:05 p.m.
Washington at Chicago Cubs, 8:05 p.m.
Pittsburgh at Milwaukee, 8:10 p.m.
Atlanta at St. Louis, 8:15 p.m.
Arizona at Colorado, 8:40 p.m.
Philadelphia at San Francisco, 10:15 p.m.

Old Habits Die Hard

Consumers Remain Complacent About Rising Car Insurance Rates

What Does Your Renewal Notice Say?

If you're like many consumers, your renewal notice is coming up again, a day you always dread. How much will your rate increase this year? With rates increasing by an average of almost 10% over the last 12 months across Ontario insurers, chances are your rate is going up again, even if your driving record has not changed. You might figure there is no point shopping around for a better rate since everyone's rates seem to be increasing. Better to at least save your time by signing back the renewal, just like you do every year, right? Wrong. You can save time and money on your car insurance…if you know where to look.

How Do I Break The Cycle?

First, you need to realize that you have control over your car insurance costs – you just need to exercise it. And the simplest way to do that is to shop around. Why? Because despite what you've heard about rising car insurance rates, the size of the increase can vary significantly from one company to the next and from one driver to another. The truth is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

Have you tried shopping for a better rate in the past and found yourself spending hours on the phone, calling around to various insurance companies to get quotes, only to find you still can't get a better deal? Do not despair, InsuranceHotline.com can help by instantly providing quotes from over 30 insurance companies to find you the lowest rate available. Best of all, the service is absolutely FREE.

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Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Start Saving Your Money Now

There is no better time to break the habit. Before you sign back your renewal, take 10 minutes and let InsuranceHotline.com help you shop around for a lower rate. With quotes from over 30 top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. So don't wait another minute. Go online to InsuranceHotline.com and start saving your money now.

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
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1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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6200 Dixie Rd.
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18 - 2501 Third Line
760 Pacific Rd.

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Richmond Hill
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7378 Yonge St.

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Millions for PSE in P.E.I. budget

As outlined in Prince Edward Island's 2010-11 budget last week, the province's commitment to higher education will increase more than $9 million this fiscal year, from $80 million to more than $89 million. METRO NEWS SERVICES

Workology

CAUT lifts FNUC censure

At the Canadian Association of University Teachers council meeting last week, delegates voted unanimously in favour of lifting the censure imposed on the First Nations University of Canada. CAUT censured the institution in December 2008 over stalled reforms to the university's board structure and governance, but in recent months, major reforms have taken place. CAUT hopes the act will convince government to restore its funding. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Annex suits students and suits

Eclectic Bloor West enclave perfect for different types with different jobs

Small Business City

RAFAEL BRUSILOW
for Metro Canada

Jam packed with students, tourists and affluent professionals alike, the Annex is a smorgasbord of both lifestyle and business.

The Bloor West neighbourhood sandwiched between Bathurst Avenue and Avenue Road is as famous for its shopping and dining variety as it is for its student renters and hip locale.

The Madison Avenue Pub (14 Madison Ave.) has been a microcosm of the Annex itself for almost thirty years — on any given night you can see as many suits as hoodies slung over the backs of chairs and plenty of older souls sipping beers confidently amongst the tide of students digging into buckets of wings. General manager Jim McCardle says after 14 years running the Madison he's still amazed at how well the mixture of cultures, age groups and lifestyles meshes in the Annex.

The Madison Avenue Pub is a perfect example of life in The Annex with its wide range of patron. It's been here for almost 30 years.

"The homes are huge, the gardens well-kept, it's a unique little package of shops, restaurants and homes and it's very cosmopolitan," McCardle said.

At the Kensington Natural Bakery & Cafe (460 Bloor St. W.), owner Quang Dieu fights against fast food by offering preservative-free pastries and dishes crafted for special dietary needs.

He moved his business from Kensington Market to the Annex 20 years ago because he saw it as an up-and-coming area. Today, he feels the Annex has lost some of its soul as franchises and corporate supermarkets have pushed some of the smaller businesses out but he still loves the vibrancy of the area.

"It's different now, the hippies have moved on and that spirit is gone. A lot of older businesses have closed here but I still like this area. When you ask people about the downtown, everyone knows the Annex," Dieu said.

Recent years have seen a shift as more professionals are moving back into the area, buying up former student rental houses and bringing their higher incomes with them, which is all fine for Sydney Mendlewitz, owner of The Pump (410 Bloor St. W.) bar and restaurant.

CONT. ON NEXT PAGE>>

"The homes are huge, the gardens well-kept, it's a unique little package of shops, restaurants and homes and it's very cosmopolitan."
The Madison's General Manager Jim McCardle

Don't miss Spaces and Places!

The Annex will be the focus of this week's Spaces and Places feature in Metro Homes this Thursday. Don't miss it!

Ontario's French-language education (FLE) opens up a world of possibilities.

FLE is a unique French experience. Its comprehensive network of elementary schools, secondary schools, colleges and universities offers a continuum of French programs and services of exceptional quality. In order to give their students a head start, French-language schools welcome children as young as age 4 in their full-time junior and senior kindergarten programs – free of charge. FLE is the promise of true bilingualism, success and a world of opportunities.

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More than $11 million for McMaster-led stem cell research
Last week, the Ontario government announced an $11.5-million grant from the Ontario Research Fund's Global Leadership Round in Genomics and Life Sciences competition for a group of researchers at McMaster University's Stem Cell and Cancer Research Institute. METRO NEWS SERVICES

'There's a great energy here'

<<CONT. ON LAST PAGE

"The rooming houses are going out and the single units are going in. It's very competitive as a result — three full-service pubs have opened up in the last three years alone. It keeps you sharp and it's better for everyone," Mendlewitz said.

Risque (404 Bloor St. W.) owner Ondina Carvalho started selling trendy clothing more than two decades ago when the Annex was a quiet hangout for the older generation compared to the hip maelstrom of youth culture it is today.

She says businesses that have embraced the area's transformation to focus on the younger demographic of people in their 20s and 30s have thrived to create a healthy business climate for each other.

"The Annex has changed tremendously in 21 years. It's a lot younger and funkier, it's a lot trendier. About five years ago I feel the neighbourhood became really complimentary, with all the businesses here finally attracting the same kind of crowd and complimenting each other well," Carvalho said.

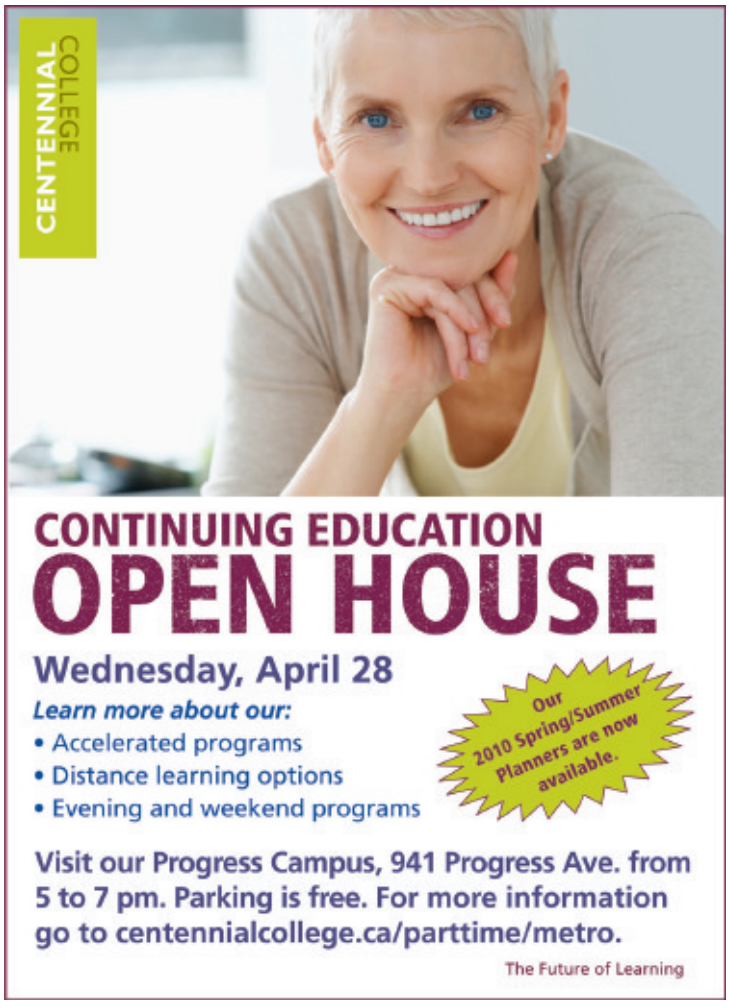
PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Both Risque and Kensington Natural Bakery and Cafe (at right, with owner Quang Dieu) are in The Annex.

She says the area hums with vitality and excitement.

"The Annex is alive. There are always people out, the streets are packed, especially in the summer and there's a great energy here," Carvalho said.

"The Annex has changed tremendously in 21 years. It's a lot younger and funkier, it's a lot trendier."
Risque owner Ondina Carvalho



Humber opens Arts & Media Studios

Last week marked the grand opening of the new Humber Arts & Media Studios at Humber College's Lakeshore campus. The 53,000-square-foot facility was renovated to house programs in Humber's School of Creative & Performing Arts and School of Media Studies & Information Technology. METRO NEWS SERVICES

More companies on a green path

For the last 40 years, Earth Day's mission has been to promote the importance of being environmentally conscious and companies appear to be listening.

One-in-ten employers say they have added "green jobs," or environmentally focused positions, in the last 12 months and despite the tough economy, and nearly 10 per cent plan to add more in 2010, according to a new national survey of more than 2,700 hiring managers by CareerBuilder.

Companies are not only adding environmentally friendly positions within their organizations, but they are strengthening their in-house green programs as well. Nearly 70 per cent of companies say they have added programs to be more environmentally conscious in the last year. The most popular green programs include:

- Recycling (47 per cent)
- Using less paper (43 per cent)
- Controlling lighting (40 per cent)
- Powering down computers at the end of the day (29 per cent)
- Purchasing office supplies made from recycled materials (25 per cent)

"Green opportunities continue to grow as companies take advantage of increased government programs designed to spur job growth and reduce the country's carbon footprint," said Rosemary Haefner, of CareerBuilder. "The green category has expanded over the past few years and job seekers are finding environmentally friendly positions in virtually every industry and at every job level."

The following are examples of green job opportunities that can be found at goinggreenjobs.com, CareerBuilder's site designed to connect "green" employers and job seekers:

- Hydrologist;
- GIS analyst;
- Solar energy system designer;
- Wildlife biologist;
- Science teacher;
- Pollution control technician;
- Waste management engineer;
- Organic chemist;
- Environmental attorney;
- Urban planner.

METRO NEWS SERVICES

"Green opportunities continue to grow as companies take advantage of government programs designed to spur job growth and reduce the country's carbon footprint."
Rosemary Haefner of CareerBuilder

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More than $3 million for Boréal Institute of Trades
The Ontario government announced last week $3.5 million from the Northern Ontario Heritage Fund Corporation's Infrastructure and Community Development Program to support the construction of Collège Boréal's new Institute of Trades. METRO NEWS SERVICES

Odd advice for workers

Jeff Havens, 31, is a former high school English teacher who joined the world of stand-up comedy six years ago and became a corporate motivational speaker.

After the success of his humorous presentation about corporate culture called Uncrapify your life, the Madison, Wisc., resident embarked on a college campus tour geared to helping new graduates get, and keep, jobs. His subsequent book, How to get fired, an employees guide to perpetual unemployment is published by Big Pow! Books.

The book is dedicated "to all the lazy, incompetent, arrogant, uncooperative, self-absorbed, deceitful, gossip-mongering, intolerant, perpetually complaining people who get fired every year."

Q That's one brutal dedication! Is there something wrong with today's graduates?

A Certainly. To a large extent, parents have shielded them from pain and harm and anything difficult. They have an entitled mindset. Employers say they are not willing to put in the time to move up. They expect to start at the top. They need to understand that professional life is like playing an instrument or sport and they have to practise to get good at it.

Q Why use humour?

A The reason for humour is that for the last two years we've been bombarded with depressing news about jobs and the economy. People are full of sadness. They don't need any more of that. Humour is a way to get an important message across in a way that will make them smile.

Q Have you ever been fired?

A No, but I have failed to get hired, which I feel is a preemptive firing. When I was teaching, I was tied to Nashville (married) and I quit the school that wasn't a fit for me. The only offer I had was a rural school, also not a good fit. I did odd jobs but employers knew I had no idea what I wanted to do and was just using them for a paycheque.

Q It's not always a person's fault when they get fired, is it?

A I have left off layoffs and outsourcing over which you have no control. Instead, I put the power in your own hands so that, when there is a layoff, you won't be the first person they look at … (but) sometimes the boss is crazy.

Q Your list of things to do to get fired includes unreliable work, performing tasks slowly with errors, absenteeism, personal business at work, drug and alcohol abuse, dishonesty, refusing orders and not getting along with others. You also say not to lie on a resumé but show examples of successful people who did just that including Mike Brown, former head of FEMA.

A Their lies are more than 15 years old. If you think you can get away with for the 10 or 15 years it takes to be successful, okay. But in the era of the Internet, it is harder to get away with it. Employers now do background checks on potential hires. If caught early, you get fired. TORSTAR NEWS SERVICES

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Lushious wrap

LUSH Cosmetics secured a spot in Hewitt Associates' 2010 top 30 greenest Canadian companies. It's no wonder with competitions to reduce energy, a composting program and, now, replacing of the usual product wrap with Knot-Wrap ($6.95) stations where people can swaddle their swag in colourful reusable scarves. METRO NEWS SERVICES

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Matching moms makes scents

LIZA HERZ
for Metro Canada

Find the mom on this page that fits your family profile, then show you love her with one of these custom-fit fragrances.

Prada Infusion de Tubereuse, 50 ml eau de parfum spray (edp), $90. Available at Holt Renfrew, Sephora and Shoppers Drug Mart Beauty Boutiques.

1 YUMMY MOMMY

GETTY IMAGES

Demi Moore

SHE ...

- Wears heels right through the ninth months of pregnancy.
- Can apply mascara while simultaneously making lunch for the kids.

Give her a gorgeous designer fragrance that smells great and also looks stylish on her dresser.

Also try: Balenciaga 50 ml edp, $110. At Holt Renfrew, select Bay Department Stores and Murale.

2 ELEGANT MUMMY

Gwyneth Paltrow

SHE ...

- Never has a hair out of place, has never gone to work with baby spit-up on her shoulder.
- Disciplines her children in French.

A subtly floral eau de toilette is perfect for the woman who doesn't need to shout to be heard.

Also try: Guerlain Aqua Allegoria in Herba Fresca 75 ml edt, $58. Available at The Bay and Sears.

Chanel Chance Eau Tendre, 50 ml. Eau de toilette (edt), $72.) Available May 3rd at all Chanel beauty counters.

3 EXECUTIVE MOM

Anna Wintour

SHE ...

- Can covertly check her Blackberry while watching the school play.
- Has every take-out restaurant between work and home on her speed dial and Google-mapped.

She loves a modern, almost masculine fragrance, but one with a stealth feminine note.

Also try: Lalique Encre Noire, 40 ml edp, $105. Available at Holt Renfrew.

Chloé eau de Fleurs Lavande, 100 ml edt, $135. Available at Holt Renfrew, select Bay Department Stores and Murale.

4 SPORTY MOM

Jennifer Garner

SHE ...

- Can (and does) beat you at tennis.
- Considers her black yoga pants to be formal wear.

Give this energetic, high-spirited woman a clean and fresh fragrance, never anything too heavy.

Also try: Burberry Sport for Women, 50 ml edt, $72. Available at The Bay, Sephora, Ogilvie, Murale, and pharmacies.

Fruits & Passion Viva! 75 ml edt, $35. Available exclusively at Fruits & Passion stores.

5 SENTIMENTAL MOM

Kate Winslet

SHE ...

- Has every family photo printed and organized into an album.
- Still wears the bracelet you made her at camp when you were eight.

She loves a richly floral, undeniably feminine fragrance.

Also try: Body Shop Love Etc. (30 ml edp, $24). Available exclusively at the Body Shop.

Ralph Lauren Summer Romance, 50 ml. edp $70. Available at The Bay, Sears and in Shoppers Drug Mart Beauty Boutiques.

Lancôme Trésor in Love, 30 ml edp, $58. Available at all Lancôme counters.

6 BFF MOM

Goldie Hawn

SHE ...

- Considers opening day of the upcoming Sex and the City 2 movie a national holiday.
- Believes in the restorative powers of pink cocktails.

Give her a fun, fruity floral that matches this mom's exuberant personality.

Also try: SJP NYC, 30 ml edt spray, $45. Available at department and drug stores.

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Clarification

- Moroccan Oil Treatment is only available in salons not drugstores as indicated in last week's Health & Beauty article.

METRO NEWS SERVICES

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Yonge Eglinton Laser Eye Centre is one of four centres in Canada recruiting subjects to participate in this research study.

Candidates must be:
- Healthy and at least 21 years old
- Nearsighted, farsighted, or have mixed astigmatism
- Able to return for at least 12 months of follow-up

The study will test new software with the STAR S4 IR Excimer Laser System from Abbott Medical Optics, Inc. to correct visual errors using Conventional treatments.

For more information, contact Olivia at YELC at: 416.545.1900 ext. 2102

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WHAT IS THE RELATIONSHIP BETWEEN PERSONALITY AND ANXIETY?

Scientists at the Centre for Addiction and Mental Health in affiliation with the University of Toronto are conducting a study investigating mental health disorders and personality.

We are looking for individuals who have been diagnosed by a mental health professional with one or more of the following disorders:
- Social Phobia
- Panic Disorder (with or without Agoraphobia)
- Obsessive Compulsive Disorder (OCD)

We regret that all callers will not be eligible to participate

Participants will be compensated for their time.

Contact us by calling **416-260-4219 ext. 1** Leave a message with your name, phone number, the best time to call you back, and if we can leave you a message. We will call you back within three business days.

For more information about other treatment options for mental illness or addiction offered by CAMH, visit www.camh.net or call: 416-535-8501

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It's one hairy issue

The J Spot

metronews.ca/thejspot

I'll never forget it. I was 10 and, upon meeting me for the first time, my sister's neighbour asked: "What's your cute little brother's name?"

Okay sure, I was a bit of a tomboy but I somehow knew immediately that it was my new super short haircut that had confused her. "I'm a girl!" I whined rather meekly as my 10-year-old brain was forever etched with the message: Real girls have long hair.

And, an informal Twitter survey seems to back this up.

While most men and women agreed that it really depends on the woman, when pressed, most men admit they prefer long hair.

There may be some evolutionary evidence to back them up. According to the lab coats, the quality and length of a woman's hair serves as a marker of genetic strength and overall health and thus, her desirability as reproductive material.

"We communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate."

Of course, by this reasoning, women should be all over men sporting long ponytails and, well, let's not go there, shall we? (In fact, for a hilarious and very practical guide to all things men say/do/wear that are dating deal breakers, check out Undateable: 311 Things Guys Do That Guarantee They Won't be Dating or Having Sex. For info, visit undateable.com).

Still, in one study published in the research journal Human Nature, researchers found that women who had originally been rated by a test group as being less attractive were rated far more highly when shown with a longer hairstyle.

Interestingly, as they get older, past their reproductive years, most women choose shorter haircuts because they are considered more "age appropriate."

Of course, men are not ruled entirely by their inner cave man and some men told me they actually prefer short hair on women of any age.

Of course, even from an evolutionary perspective, shiny, lustrous short hair would be a better sign of health than damaged, dull long hair. But, the truth is, some women just look pretty darn sexy in short hair. Still, culturally, we strongly associate long hair with sex appeal and femininity. Short hair is associated with boyishness and asexuality.

Obviously, we communicate a lot with our hair. And, unlike other parts of our body, it's one thing we can easily change and manipulate. Which is why I actually admire women who can rock a short haircut and look sexy.

It's as if she's thumbing her nose at traditional notions of female sexuality and telling the world that she doesn't have to buy into it. That she can be sexy on her own terms.

It almost makes me want to go out and get a sexy, short haircut. If I could only get my inner 10-year-old on board with the idea.

GETTY IMAGES

Actress Ginnifer Goodwin — same lady, different hair cut.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com. Follow her on Twitter @joseyvogels

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Diet & Diabetes Research Study

A research study at St. Michael's Hospital will examine the potential benefits of using low glycemic index and high fibre diets to reduce blood sugar levels. This study includes ultrasound (non-invasive) screening to assess the health of your arteries.

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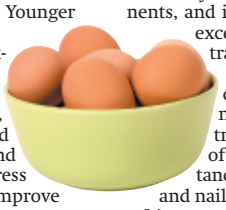
Make-A-Wish Foundation
This Thursday marks the 30th year of granting kids living with life-threatening medical conditions their wish. METRO NEWS SERVICES

Food for thought and hair

CELIA MILNE
for Metro Canada

As a society, we spend a gazillion dollars on products to beautify our skin, hair and nails. But ponder this: much of our outer radiance comes from within.

To a large extent, if you're healthy on the inside, you'll look it on the outside, believes Dr. Alan Logan, a naturopathic physician in Connecticut, who lectures in mind-body medicine at Harvard University. His recent book, Your Skin, Younger (Cumberland House) explains how better diet and nutrition, smarter food preparation, and lowered stress levels can improve your skin.



Luckily, we don't have to remember a whole new set of health rules, since the same foods that are good for our organs are good for our hair and nails.

"Many of the dietary components advocated for cosmetic purposes are the very same foods and beverages — for example whole grains, fish and seafood, low-fat dairy, legumes, health cooking oils, deep green vegetables and coloured fruits, seeds, nuts, green tea, red wine, cocoa — that are now fairly well known as protective against chronic diseases such as cardiovascular disease, type 2 diabetes and some types of cancer," says Dr. Logan.

He recommends the Mediterranean diet, which has many of these components, and is low in sugar, excess fat, and extra calories.

"Overall it contains a number of nutrients that are of critical importance to hair, skin and nails."

It's more than just eating the right foods. Dr. Logan's book introduces readers to the concept of Advanced Glycation End-products, or AGEs, which are to be avoided. They are found in foods that are cooked on high heat in the absence of moisture, and they cause inflammation and oxidative stress.

"Turning off the oven, using a steamer, and poaching, boiling, simmering or stewing your foods can go a long way in the effort to maintain a youthful and glowing appearance."

Certain minerals are recognized to specifically promote the health of your hair, including zinc and selenium (both found in lean meat, nuts and seafood). Biotin (in egg yolk) and silicon (in brown rice and root vegetables) have emerged as being of special significance to the nails, both capable of preventing brittle nail syndrome when taken internally.

Almost 10,000 chemicals are used in skin-care products today, says Dr. Logan. It might be a good idea to "detox" and look for organic hair products without synthetic fragrances, parabens, and sulfates.

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TCC Toronto Cosmetic Clinic

Deciphering an asparagus

Asparagus spears can be thick or thin, but which diameter tastes better? Slender doesn't mean tender. Thin and thick stalks can be equally tender although the thick ones are meatier. THE CANADIAN PRESS

Food

What's the scoop?

Fans of ice cream who are clever with words now have a chance to link their brains and taste buds by coming up with a moniker for the newest flavour created by Ben and Jerry's. The flavour is a combination of vanilla ice cream, fudge-covered waffle cone pieces and a fudge swirl. It has been temporarily named We are Waffling, but the company wants fans to visit its Facebook fan page and serve up their own name. For more information, visit benjerry.ca. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Have friends over for brunch

Cobb salad wraps with tomatoes, avocado and black beans

A cobb salad traditionally has loads of chicken, blue cheese, bacon and heavy dressing. I've lightened up this classic and tossed the main ingredients into a wrap. It's delicious. **SERVES 8**

INGREDIENTS:

- 8 oz skinless boneless chicken breasts (about 2 breasts)
- 1/2 cup diced plum tomatoes
- 1/2 cup diced red bell pepper
- 1/2 cup diced ripe avocado
- 1/3 cup canned black beans, drained and rinsed
- 1/4 cup finely chopped green onions
- 1/4 cup chopped parsley
- 4 tsp lemon juice
- 1 tbsp low-fat sour cream
- 1 tbsp olive oil
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- pinch of salt and pepper
- 1/2 cup shredded aged light cheddar cheese
- 4 large whole wheat flour tortillas

METHOD:

1. Lightly coat a nonstick grill pan with vegetable spray and set over medium heat. Grill the chicken for 4 minutes on each side or until no longer pink. Cool slightly, then slice thinly.

2. Combine the tomatoes, red pepper, avocado, black beans, green onions and parsley in a large bowl. Add the lemon juice, sour cream, olive oil, garlic, chili sauce, salt and pepper and mix well.

3. Spread one-half of each of the tortillas with some of the tomato mixture. Top with slices of chicken and the shredded cheese. Fold in 2 sides and roll up. Place the wraps in a clean grill pan and cook for 5 minutes, turning halfway, just enough to warm through. (Or heat in a 400°F oven for 5 minutes until warm.) Cut in half and serve.

Cobb salad wraps with tomatoes, avocado and black beans.

Spinach salad with cinnamon almonds, strawberries and goat cheese

This salad is perfect for entertaining with all its vibrant colors, flavours and textures. The combination of spinach, spiced nuts, strawberries and goat cheese gives it loads of character. Prepare the almonds in larger quantities and keep in an airtight container for up to 2 weeks. **SERVES 8**

INGREDIENTS:

Cinnamon Almonds:

- 1/4 cup whole almonds
- 1/4 cup packed brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 tsp ground ginger

Salad:

Spinach salad with cinnamon almonds, strawberries and goat cheese.

- 8 cups baby spinach
- 1 cup thinly sliced red bell pepper
- 1 cup sliced strawberries
- 1/2 cup crumbled goat cheese (about 2 oz)

Dressing:

- 1 1/2 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tbsp apple juice concentrate
- 1 tsp brown sugar
- 1/2 tsp chopped garlic
- 1/2 tsp Dijon mustard
- 6 oz grilled sliced chicken or shrimp (optional)

METHOD:

1. Preheat the oven to 350°F. Line a baking sheet with foil and lightly coat with cooking spray.

2. Rinse the almonds with cold water. Drain but do not let them dry. Place them in a bowl and add the brown sugar, cinnamon, nutmeg and ground ginger. Toss to coat. Spread out on the prepared baking sheet and bake for 15 minutes, tossing once. Let cool, then remove from the baking sheet and chop coarsely.

3. Place the baby spinach, red pepper, strawberries and goat cheese in a large serving bowl.

4. Prepare the dressing by whisking together the apple cider vinegar, olive oil, apple juice con¬centrate, brown sugar, garlic and mustard in a small bowl. Pour the dressing over the salad and toss. Top with the chopped almonds. Serve topped with grilled chicken or shrimp, if desired.

About Rose

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Summer sipper

While in the Veneto region of Italy earlier this month I had a chance to take a side trip to Tuscany and its über famous region of Chianti. You can blame its popularity on those tubby, straw-wrapped bottles or that it was Hannibal Lecter's favourite fava bean affinity; either way everyone has heard of the place.

I made a bee-line for the sub-region of Classico (which in wine speak means the oldest, and some would say best, part of the area) to check out Castello di Gabbiano — a modern winery with an incredible 12th century castle as a centerpiece that overlooks the vineyards from its hilltop perch.

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Avatar a success on DVD
Avatar is maintaining its popularity in the move from box office to home video, with sales of 6.7 million DVDs and Blu-ray disks in the first four days. Twentieth Century Fox announced Sunday that James Cameron's sci-fi epic has sold 2.7 million Blu-rays and 4 million DVDs. THE ASSOCIATED PRESS

Entertainment

Bieber fever
A fan stampede forced teen sensation Justin Bieber to cancel a performance in Australia after a crowd of thousands broke down police barriers. Several girls were injured.
THE CANADIAN PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Warming up to Jakob Dylan

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

ASSOCIATED PRESS FILE PHOTO

Women and Country is the warmest album to date from Jakob Dylan.

The last time I heard anything interesting from Jakob Dylan was 14 years ago — when his band, The Wallflowers, released Bringing Down the Horse. You know that album — it's the one with One Headlight and 6th Avenue Heartache, the record that pushed Bob Dylan's second youngest into a similar spotlight his father occupied 30-something years before.

Unlike his pops, though, he couldn't continue his chart-topping, Grammy-winning ways. I lost track of Dylan somewhere after the third Wallflowers disc came out in 2000, and took a passing interest two years ago, when he released his first solo disc.

But when I heard that he teamed up with T-Bone Burnett — the legendary musician, now Oscar winning songwriter, and producer of Bringing Down the Horse — I thought it was time to give Dylan another try. And after listening to Women and Country, I'm glad I did.

On the surface, the album sounds a lot different than Dylan's old rock band. It's filled with delicate alt-country, soft Americana and touching harmonies from Neko Case and Kelly Hogan. It's not quite as spare as Seeing Things, his Rick Rubin produced, stripped down solo debut, but thanks to the quiet atmospheric hums of reverb, the relaxed vocals and lyrics about self-worth, struggle and, less explicitly, about being a working dad to four kids, this is his warmest record yet.

When I told Dylan that Women and Country was coming from a different songwriter than I remember, he disagreed. "I addressed the music as a big band sound, a rock and roll sound, but we had things like pedal steel and horns early on," he says. "It's all the same for me."

He admits that his writing is more "refined" and he now recognizes his strengths. If anything, it's his songwriting maturity that may be the biggest difference between this and his Wallflowers days — he sounds more confident playing alone, and it seems as if, at 40, he's able to embrace the country folk combo he was brought up on.

"I'm drawn to traditionalism," he says. "The instruments that we're using on this album will be played thousands of years from now."

Although Dylan's music now sounds a little more like his father's, he's been fielding questions about his dad for nearly two decades. It's not something that bothers him, at least not anymore. "It is what it is," he says. "There's a misconception for some reason that I've been waiting for it to go away, but I understand it's impossible to think of me and not think of the other."

Even if he took up some other profession, like an accountant, he'd still get comparisons, he says. "You don't think I'd be accused of things if I was the head accountant? In any line of work there would be baggage."

The elder Dylan is supportive, he points out, and with an album as good as Woman and Country it would be hard not to be.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

DVD picks

It's Complicated

Director: Nancy Meyers

ONLY AN ACTRESS of Meryl Streep's calibre could bring some heft — and real laughs — to something as featherweight as It's Complicated, writer/director Nancy Meyers' latest glossy excursion into the travails of the rich and idle.

Streep is Jane, the type of woman who would have been referred to as a wealthy divorcee in movies of an earlier era. She runs an upscale bakery that seems to make money by magic and lives in a Santa Barbara garden home that couldn't be more fabulous — but that doesn't stop her from planning an expensive makeover regardless.

Jane is well past the mourning stage of her failed marriage to the philandering Jake (Alec Baldwin). The last of her grown-up kids is leaving the nest. She's free to build the kitchen and bedroom of her dreams, to consider cosmetic surgery and to flirt with her architect, a mild gent named Adam (Steve Martin). But then Jake bumbles back into her life and boudoir, and things get, um, complicated.

Streep's gift for comedy and her magnetic screen presence make this an easy watch and a much more entertaining movie than it might otherwise be. She's well matched with Baldwin and Martin, who are considerably funnier here than as co-hosts of the most recent Academy Awards.

A scene where Streep and Martin sample ultra-strong weed at a party is worth the price of admission, reminding us of Martin in his "wild and crazy guy" phase from the 1970s.

Peter Howell/for Metro Canada

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Elwes back in Saw franchise

If you've been wondering just what happened to Cary Elwes' Dr. Lawrence Gordon as the Saw sequels toddled along without him, you'll finally get your answer in the latest outing, Saw VII. Lionsgate has announced that Elwes has signed on to reprise Dr. Gordon. METRO NEWS SERVICES

Where cowboys turn comic

Director fashions laughs out of Canada-set western

STEVE GOW
for Metro Canada

Bill Phillips has a theory about why moviegoers are drawn to westerns.

"There's comfort in (them)," stated the director of Gunless, a new comedy about fictional outlaw The Montana Kid. "The Western has evolved but you're still getting those (classic) elements … it's like meat and potatoes, you know what you're going to get."

Gunless opens in theatres Friday

Phillips knows what he's talking about. A longtime admirer of the genre ("when I was growing up, there was nothing better than Butch Cassidy & The Sundance Kid"), the Toronto-bred filmmaker crafted the premise of an American gunslinger (played by Paul Gross, ironically) that finds himself stranded gunless in peace-loving Canada years before he even made his 2002 Genie-Award nominated feature debut, Treed Murray.

"There is something about taking those iconic elements," Phillips said of the genre. "You drag that north of the 49th parallel and start playing with it, bringing in the Canadian elements (and) it begs comedy. If it wasn't going to be comedy, I'm not sure what it would be."

As humour-laced as Gunless is, Phillips was careful not to overplay the genre's American iconography maintaining the integrity of accentuating such authentic Canuck curiosities as sod houses and the progressive gun laws of 1880's Canada.

Director Bill Phillips, second from left, chats with star Paul Gross, second from right, and other actors on the set of his western-themed comedy Gunless.

"There is historical accuracy here," explained Phillips. "We did our due diligence but I will say a western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."

Phillips didn't let some tough conditions get in the way either. Shooting in Osoyoos, B.C. (Canada's hottest region), the cast and crew had to endure extreme temperatures, dust storms that shut down production and challenges that gave them a real taste of the wild west.

"I will say a Western is as much fantasy as science-fiction and we are never going to let truth get in the way of a good story."
Bill Phillips

"You'd have to wash your hair two-times to get all the dust out. I don't think anybody got all the dust out of their lungs until two months after the shoot was done," admitted Phillips before admitting if he had to go back, he might do it all over again. "Making a western, it's a blast. You got a crew of fifty people all playing cowboys and that is a lot of fun."

Legendary singer/songwriter Andy Kim has released Happen Again, his first full-length album in 20 years.

Rock god Kim returns to roots

KEITH CARMAN
for Metro Canada

He's sold 30 million records featuring unforgettable songs such as Sugar Sugar, Rock Me Gently and Baby, I Love You. His work has been covered by the likes of Wilson Pickett, Tom Jones, Ike & Tina Turner, Bob Marley and more. He's received a Gold Album from John Lennon, written for The Monkees and worked with Phil Spector.

Singer/songwriter Andy Kim is a rock god.

Yet in a world where one modestly viral Internet video breeds inconceivable — and inconsolable — divas, the Montreal native is still humble to a fault. Kim feels enthusiasm and humility at being back on home turf to celebrate the release of Happen Again (E1 Entertainment), his first full-length album in 20 years.

"It's a wonderful feeling that no matter how many miles you've travelled, how many places you've been or people you've met, there's that place you can say is your home," he states excitedly, reflecting on a history that found him striking out and relocating to New York many moons ago at the tender age of 16.

"To be able to come home and be embraced by this industry that didn't exist when I left? It's amazing. I can't explain it but if you could see my eyes and face, I'm beaming. One could never expect this … I'm blessed."

While Kim's modesty is endearing, keep in mind that by eschewing concrete plans in favour of seeing where life takes him, he rarely expects much and surprise comes readily. To that extent, despite the aforementioned career climaxes, he's still shocked that anyone may even be remotely curious about Happen Again. However, he admits that because it is a vast undertaking after so many years, he hopes its emotional sincerity will prove appealing and enlightening.

"To be able to come home and be embraced by this industry that didn't exist when I left? It's amazing."
Andy Kim on Montreal

"It's never the responsibility of the audience or fan to support anything. Music is reaching out to help somebody. As a part of an artist's mission, you try to utilize to help shine a light on (life) perspectives where somebody may not have otherwise seen it," he notes.

In typical Kim fashion, Happen Again abounds in lilting, enduring melodies and captivating craftsmanship, prompting the listener to wonder just how a discreet, affable sort such as Kim can possibly come up with so many resounding songs yet be so frustratingly reserved.

"I'm still the kid who grew up in Montreal hoping people would give me the opportunity to let them hear my music," he admits.

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Star Trek's history goes up for auction

Shoppers can boldly go where no man has gone before when Star Trek creator Gene Roddenberry's collection of personal effects and show memorabilia go up for auction.

Hand-annotated scripts, costumes from the show and Roddenberry's own studio pass are among the items available at the June 27 auction at Planet Hollywood Resort and Casino in Las Vegas, administered by Julien's Auctions.

Proceeds will benefit the Roddenberry Foundation, which makes grants to support children, education and the environment.

The original Capt. Kirk, William Shatner, is also getting in on the auction, selling his custom Harley-Davidson motorcycle, his Golden Globe nomination certificate and the plaque he was presented when he got a star on Hollywood's Walk of Fame in 1983.

Shatner plans to donate a portion of the proceeds to the Hollywood Charity Horse Show, which helps handicapped children.

SHAAN KOKIN/THE ASSOCIATED PRESS/JULIEN'S AUCTIONS

A silver tone plastic Star fleet insignia badges created for Star Trek is one of several items that will be auctioned on June 27 in Las Vegas.

The 79-year-old actor said he doesn't mind parting with his mementoes and would do just about anything to benefit his chosen charities.

"I had the great fortune of doing the same thing with a kidney stone," Shatner said. "I passed a kidney stone, and a company offered me ... $75,000 for my kidney stone."

Shatner donated the money to Habitat for Humanity.

"I handed the motorcycle over and it was a part of my heart, but that's only figuratively speaking," he said.

Highlights from the Star Trek auction will be exhibited beginning Friday at Ponte 16 in Macau, China, and June 14-24 at Planet Hollywood in Las Vegas. Bids will be accepted in person, online and by phone.

The collection will be "very meaningful" to Trek fans, said Shatner, who cites the show's optimistic themes as the reason it has endured for decades.

"It suggests that 300 years from now, mankind is still around," he said. "It's on a note of hope that not only will we be around, but we will flourish and be out there among the stars, colonizing." THE ASSOCIATED PRESS

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German film wins Sprockets' audience award

Germany's The Crocodiles has won the Best Feature Film Audience Choice Award at this year's Sprockets Toronto International Film Festival. METRO NEWS SERVICES

Gosselin kids to appear in new show

Kate Gosselin

Kate's eight are free to appear on their mom's upcoming reality show.

A spokesman for the Pennsylvania Department of Labor and Industry says producers have obtained child-labour permits for Kate Gosselin's twins and sextuplets to appear with their mother on a series of TLC specials, Kate Plus 8.

Troy Thompson said yesterday that the permits are good for six months, then must be renewed.

Pennsylvania regulators concluded last month that permits should have been obtained for Gosselin's old show, Jon & Kate Plus 8. The series ended last year when Kate split with her husband, Jon.

No legal action was taken but the producers agreed to submit paperwork for any future taping.

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America's Funniest Home Video goes to a ... Canadian

An Ontario toddler is a hit in Hollywood after a video of the dancing tot won the grand prize on America's Funniest Home Videos. Keegan Adair and his parents Brendan and Rhonda of Lively, Ont., near Sudbury, won $100,000 for a video of Keegan imitating a dancing doll. THE CANADIAN PRESS

Carrey joins Conan for his comedy show

GUEST STARS Conan O'Brien had a few surprise guests during the Los Angeles stop of his Legally Prohibited From Being Funny on Television comedy tour.

Jim Carrey joined the red-headed funnyman on stage to sing Superman (It Ain't Easy) by Five for Fighting.

Jim Carrey

Carrey wasn't the only one to appear with O'Brien. Jon Hamm, Jonah Hill, Aziz Ansari and Jack McBrayer also made cameos, EOnline.com reports.

Ironically, Conan performed at Universal Studios, just yards away from his one-time Tonight Show set. The former host left NBC after the network wanted to push Tonight back to make room for Jay Leno's return to late night after his primetime series failed to attract viewers.

Coco is under contract from NBC not to appear on TV until November — when his new show with TBS will begin.

METRO NEWS SERVICES

TV Babies!

"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."

"We need cute babies and toddlers and boys and girls up to 16!"

Phones are open now for parents to list babies and kids. Dial (416)

925-6140

Reality TV star Michaels remains in intensive care

Doctors plan further testing to help pinpoint the source of the brain hemorrhage that is keeping Bret Michaels in intensive care, according to the rocker's website.

A report from doctors is expected this week. The website doesn't say where Michaels, 47, is hospitalized.

"Please remember Bret is, and always has been, a fighter and survivor and is under the best medical care possible," the post added.

His New York-based publicist, Joann Mignano, confirmed on Friday a report on People magazine's website that said the former Poison frontman was rushed to intensive care late Thursday after a severe headache. Doctors discovered bleeding at the base of his brain stem, the report said.

Michaels is a contestant on Donald Trump's competitive reality show, The Celebrity Apprentice. He has served as one of the season's most outspoken celebrities and has so far avoided being fired in the boardroom. At the end of Sunday's episode, an announcer acknowledged his condition and said everyone at NBC "wishes Bret Michaels a speedy recovery."

GUS RUELAS/THE ASSOCIATED PRESS FILE PHOTO

Poison lead singer Bret Michaels, who is currently on the reality TV show The Celebrity Apprentice, remains hospitalized from an apparent brain hemorrhage.

Michaels had an emergency appendectomy April 12 after complaining of stomach pains before he was scheduled to perform at Sea World in San Antonio, Texas. Michaels later wrote on his website that although the surgery "has taken its toll," doctors expected him to make a full recovery.

Before joining the third season of The Celebrity Apprentice, Michaels starred as the lothario on VH1's lusty reality dating series Rock of Love from 2007 to 2009.

For three seasons, Michaels searched for the women of his dreams amid a sea of implants, tattoos and thongs. He also served as a judge on the fifth season of the USA singing competition Nashville Star in 2007.

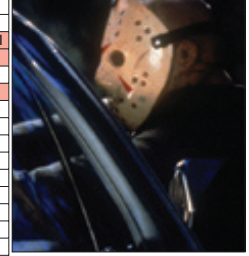
THE ASSOCIATED PRESS

to	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
4/27/10	265	353	2	TVO	The Choir (Part 4 of 4)		The Agenda With Steve Paikin		Unforgiven (N)		100 Greatest Discoveries		Agenda-Paikin
primetime	211	331	3	GTV	Entertainment	ET Canada	NCIS "Moonlighting" (N)		Glee "Home" (HDTV) (N)		The Good Wife "Boom"		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	NHL Hockey Ottawa Senators at Pittsburgh Penguins. (HDTV) (Live)						CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser A challenge involves wrangling calves.				Parenthood (HDTV) (N)		News
	212	313	8	CTV	etalk	Access H.	American Idol		The Mentalist (HDTV)		Law & Order: SVU		CTV News
	218	345	11	CHCH	*Dudley Do-Right* ★★ (1999, Comedy)			*The Living Daylights* ★★★ (1987, Action) Timothy Dalton, Maryam d'Abo.					News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	To Serve and Protect		The Insider	Dream Car	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Moonlighting" (N)		NCIS: Los Angeles (N)		The Good Wife "Boom"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser A challenge involves wrangling calves.				Parenthood (HDTV) (N)		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars		Lost "Ab Aeterno"		(10:02) V (HDTV) (N)		News
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Dancing With the Stars		Lost "Ab Aeterno"		(10:02) V (HDTV) (N)		A News
	-	-	28	FOX	Judge Judy	Two/Half Men	American Idol		Glee "Home" (HDTV) (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (DVS)		Frontline (N) (DVS)		A Sense of Wonder		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	90210 "Multiple Choices"		Life Unexpected (HDTV)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: SVU		WBZ News (N)	'70s Show	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	90210 (N)
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
	509	504	79	CNB	Kudlow Report (N)		On Assignment	*Enron: The Smartest Guys in the Room* ★★★ (2005, Documentary)					Mad Money
sports	405	417	22	net	MLB Baseball Boston Red Sox at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	NHL Hockey Philadelphia Flyers at New Jersey Devils.					NHL Hockey: Red Wings at Coyotes		
	411	457	58	OLN	Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters		Destin. Truth
	417	406	81	SC	NASCAR Smart	NASCAR Hub	Race in 60 (HDTV) (N)		NASCAR Hall of Fame (HDTV)		Dangerous Drives (HDTV)		Pass Time
family	551	542	25	YTV	iCarly	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Style by Jury	Grocery Bag	Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	570	580	29	MM	Gossip Girl (HDTV) (N)		Live at Much		disBAND	Muchmusic Countdown			UR11
	615	520	31	A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)		The Battle for Late Night (HDTV) (N)		
	700	800	35	TLN	Centrovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Magnifica Italia	George Lopez	George Lopez	George Lopez
	571	581	36	MMM	The Daily Fix (N)		Ranked!		mmtop10.ca		Hammertime	Gimme Sugar	Family Jewels
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	Relic Hunter		*Love Sick: Secrets of a Sex Addict* (2008, Docudrama)				Californication	Secret Diary	NCIS
	620	523	40	BVO	Live at the Rehearsal Hall		Saturday Night Divas		Nebbia (N)		Spectacle: Elvis		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Nostradamus Effect		Storm Planets
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	MLB Baseball Atlanta Braves at St. Louis Cardinals. From Busch Stadium in St. Louis.						Law & Order
	576	582	49	BET	106 & Park: BET's Top 10 Live		*National Security* ★★ (2003, Comedy) Martin Lawrence.				Tiny & Toya	Tiny & Toya	Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (HDTV)		Fringe (HDTV PA) (N)		InnerSpace (N)
	581	566	52	MTV	My Life as Liz	After Show	Bitch Is Back	The Hills	The Hills	The Hills	The Hills	After	MTV Live
	618	524	54	TROP	The Celebrity Apprentice (HDTV) (N)				Dog Whisperer		End of Leash	Last 10	Tube Tales
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible (N)		Chef Abroad	Chef Abroad	Chefs vs. City Boston.		Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	SOUL "Twice"		Unscripted (N)	Crazy for Love	Poltergeist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case		Missing "Thin Air"		Medium "Knowing Her"		Cold Case		Psychic Inv.
	300	601	301	M1	*The Narrows* (2008, Drama) Kevin Zegers, Sophia Bush.				*State of Play* ★★★ (2009, Crime Drama) Russell Crowe.				
	305	612	306	PIX	(7:10) *After the Harvest* (2001, Drama) Sam Shepard.				*Analyze That* ★★ (2002, Comedy)				*Friday the 13th Part 3* ★
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Losing It-Hollywood		FashionTele	RAW	FT Found Footage		America's Next Top Model		Fashion-Uncut

critics' corner

Friday the 13th Part 3

If you're jonesing for Jason, then go rent the 1980 original "Friday the 13th" instead of this limp sequel, made only two years later, before the producers found something different to do with the story line. This is basically same camp, same killer, different kids. Oh, and it's in 3-D, but you won't get the effects here. Not that it matters. 10:45 PM on PIX



NCIS: Los Angeles

At Hetty's (Linda Hunt) request, LAPD liaison Marty Deeks (guest star Eric Christian Olsen) helps the team look for an infamous socialite connected to a Navy officer's murder in the new episode "Fame." Chris O'Donnell, LL Cool J and Peter Cambor also star. 9 PM on CBS

The Hills

LC! Kristin! And of course, Heidi! A guilty pleasure that's yielded its stars far more than 15 minutes of fame, this unscripted series returns for its final season. But they're not resting on their laurels here; expect lots of new drama ... and a new look for Heidi Montag. 10 PM on MTV

Glee honoured as 'future classic'

AWARDS TV Land paid it's yearly tribute to television shows no longer on the air during the 8th Annual TV Land Awards on Sunday, zap2it.com reports.

This year's award recipients included '70s and '80s classics like the Tom Hanks/Peter Scolari comedy Bosom Buddies, The Love Boat," and Charlie's Angels. Comedy legends Mel Brooks and Carl Reiner rightly received the Legend Award, and Everybody Loves Raymond got the Impact Award.

TV Land always reserves one award for a show they predict will be a "future classic," and this year FOX's hit show Glee snagged the honour.

METRO NEWS SERVICES

In brief

TRUE BLOOD Now that Anna Paquin and Stephen Moyer are altar-bound, Anna's older brother has given his blessing to his sister's True Blood costar joining the family. "I absolutely approve! Steve will be an amazing husband to Anna and a great brother-in-law," Andrew Paquin told People.com at Saturday's Tribeca Film Festival premiere of his directorial debut movie, Open House, which also happens to star Anna Paquin and Stephen Moyer.

METRO NEWS SERVICES

Parker taking a break from acting
Sarah Jessica Parker is taking a break from the big screen to work as a museum tour guide. The Sex and the City star has agreed to record an audio guide for the Metropolitan Museum of Art in New York, according to Hollyscoop. METRO NEWS SERVICES

Celebrity Buzz

Lohan hurls drink at Ronson

MAYBE SAM WAS THIRSTY Lindsay Lohan appears to be taking out her frustrations over her career and personal problems on ex-girlfriend Samantha Ronson.

The troubled starlet reportedly hurled a drink at Ronson while hanging out at L.A. nightclub Trousdale, according to Gatecrasher.

"It was ridiculous," a source says.

"Sam was sitting at a table, and Lindsay came up from behind and tossed an entire drink at her. Sam looked livid but just let it go. Why people even let Lindsay inside their establishments anymore is beyond me."

Despite her very public problems recently, Dina Lohan insists her daughter is doing just fine and is a perfectly fine role model for younger sister Ali Lohan, who is following the career path blazed by her older sister.

"Lindsay is absolutely, 100 per cent, not (a bad influence)," Dina tells People magazine.

"Ali is amazing. She loves her sister. Would I let my daughter go anywhere that's dangerous?"

Dina insists the real concern is ex-husband and father of both children, Michael Lohan.

"Ali and Lindsay need to be protected from their ex-father. That's the dangerous situation," she says.

"He's creating a worse situation for everyone."

METRO NEWS SERVICES

Smith reaches out to Bullock after affair

I'M SURE SAYING SORRY WILL SOLVE EVERYTHING Melissa Smith, the second woman to come forward as one of Jesse James' mistresses, has apologized to Sandra Bullock.

Smith faxed a letter to the Oscar-winning actress, taking responsibility for the affair, TMZ reports.

In the letter, Smith wrote: "I felt I needed to reach out to you and tell you how deeply sorry I am for everything that you've been through."

"And I know nothing I can say in this letter is going to make the pain of my actions go away," she continued.

"I am sorry for any hurt or pain that I have caused you."

METRO WORLD NEWS

Pattinson rolling in money

PROVING ONCE AGAIN YOU DON'T NEED TALENT TO BE RICH Twilight has certainly been good to Robert Pattinson.

The young star has been named one of the wealthiest actors in the U.K. Under 30, according to the Sunday Times.

With a reported $20 million, Pattinson is sitting pretty at No. 5, but he's nowhere near the list's top earner, Harry Potter star Daniel Radcliffe, with $63 million. Radcliffe's co-star Emma Watson landed third with $33 million.

METRO WORLD NEWS

Mayer to quit Twitter?

HOPEFULLY HE'LL UPDATE HIS TWITTER ACCOUNT AND TELL US WHEN HE'S GOING TO QUIT BEING A TWIT John Mayer may be following Miley Cyrus' lead and quitting Twitter.

"Every night for the last two weeks, I think about canceling Twitter. It's over," he says, according to Ace Showbiz.

"The only positive thing on Twitter is saying, 'Thank you' and directing (followers) to something cool and important."

Mayer admits the negative attention he gets on the site is daunting.

"Why do I want more haters?" he says.

"It's all about the approval."

METRO NEWS SERVICES

'I'm no pushover': Cavallari

AGREE WITH HER OR ELSE Has the bad girl from The Hills turned good?

Kristin Cavallari, known for her unvarnished opinions on the MTV reality show, says she's a better person than she's portrayed on the show — and that the real Kristin is the one who's been doing charity work recently.

"If you asked my real friends, they would say I'm definitely not a bitch," Cavallari, 23, told People Magazine on Saturday while hosting a party at Liquid Pool Lounge in Las Vegas. "I definitely stand up for myself, and I'm not a pushover."

Cavallari's plans for life after The Hills, whose final season premieres Tuesday, include helping those less fortunate.

METRO NEWS SERVICES

Jersey Shore star gets booze dumped on her

CAN WE CONFIRM THIS 'MAN' WAS NOT LINDSAY LOHAN? Last season on The Jersey Shore, a man threw a punch at Nicole "Snooki" Polizzi.

This season?

Just a drink.

The newly single MTV reality star, 21, was doing shots with Jenni "JWOWW" Farley, 23, at Ocean's 10 bar in Miami Saturday at 6 p.m. when a man approached her, usmagazine.com reported.

A confrontation escalated and Snooki threw food at the man.

The unknown guy retaliated by dumping his own drink all over Snooki.

METRO NEWS SERVICES

I was seduced by two older women: Michael Douglas

BUT DON'T TELL MY MOMMY Michael Douglas confesses to Elle magazine that he learned everything he needed to know about sex when he was seduced by two of his mother's friends at age 16, though he refuses to name names since his mom, actress Diana Dill, still doesn't know about the escapade.

"I wouldn't want to get any of them in trouble," Douglas tells the magazine. "Though they're probably dead now."

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

SAMANTHA RONSON has a tough night out at the club, **JUSTIN BIEBER** is upset his Australian concert got canceled, **KIRSTIE ALLEY** is overdoing it and **KATY PERRY** likes to be prepared.

@samantharonson Just got a glass thrown at my head..... Hmmm- wonder who did it????

@kirstiealley Now get this...I am embarrased to tell...I was working out and I.....threw my back out

@katyperry Starting vitamins when sick is like saying a prayer when the plane is going down.

@justinbieber I WANT TO MAKE THIS CLEAR...I DONT CANCEL...I WOKE UP THIS MORNING TO THE POLICE CANCELING THE SHOW FOR SAFETY REASONS

METRO NEWS SERVICES

Cornish getting over Phillippe

APPARENTLY IT WASN'T TOO HARD Abbie Cornish appears to have moved on from ex-boyfriend Ryan Phillippe, as the Australian actress was spotted getting cozy with Josh Hartnett at a New York watering hole recently, according to the Huffington Post. A source says the pair talked for a while at the bar of Warren 77 before retiring to a corner table in the back, where they stayed until about 1 a.m.

METRO WORLD NEWS

What does she want for Mother's Day? Just call her.

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+ (011 or 1) + The Number
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Today Mainly sunny 10°/ 3°

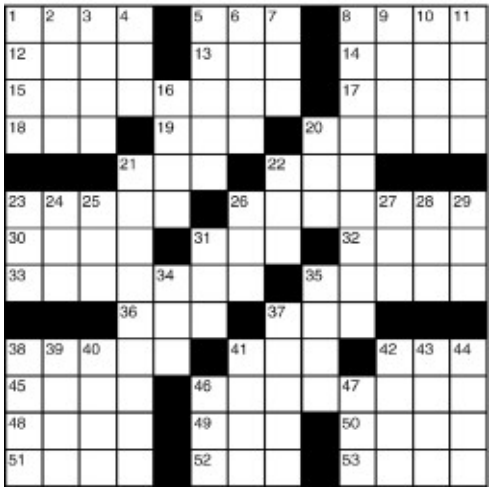
Wednesday Sunny 12° / 4°

Thursday Sunny 16°/ 7°

You have voted us #1 for best forecasts on TV. Thank you Canada!

Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



ACROSS

1 Have on
5 Taxi
8 Distort
12 "It's a Sin to Tell —"
13 Eggs
14 "Do — others ..."
15 Jeff Probst's show
17 Nevada city
18 Thickness
19 Morning moisture
20 Sandwich necessity
21 Adjective for 22-Down
22 Adversary
23 Debate topic
26 Prime Minister's street
30 Norse thunder god
31 Carton
32 Defeat decisively
33 Greedy
35 Tilts
36 Lingerie item
37 Otologist's subject
38 .What Nixon denied being
41 Over-active one?
42 Center
45 Tibetan monk
46 Take unawares
48 Gray hair cause
49 Favorite
50 Looked at
51 Repair
52 Blond shade
53 Root beer brand

DOWN

1 Nasty stinger
2 Hebrew month
3 Ethereal
4 Gun the engine
5 Small flock
6 Acknowledge
7 Tavern
8 Cry uncle
9 Dandling site
10 Sicilian spouter
11 Unfinished furniture?
16 Between assignments
20 Acknowledge applause
21 "Hanging ten" need
22 Hounds' prey, perhaps
23 "Monty Python" opener
24 That girl
25 Scale member
26 Homer's interjection
27 A Gershwin
28 Sister
29"Pygmalion" playwright's monogram
31 Merit badge org.
34 Annoy
35 Genie's quarters
37 Third rock from the sun
38 Untalkative one
39 Anger
40 Portent
41 Colors
42 Casual greeting
43 Secondhand
44 Foundations
46 Hot tub
47 Roulette bet

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

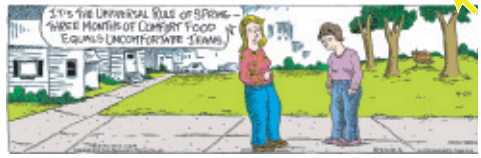
		5					9	6
	9	1		5	3			
8			7					
4		9	1		2			
	6						3	
			6		7	1		4
					1			8
			4	8		3	7	
3	5					2		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	1	5	9	7	2	3	8
5	2	8	6	4	3	7	1	9
3	7	9	2	1	8	5	4	6
8	1	2	3	7	4	9	6	5
9	5	4	8	6	1	3	7	2
7	6	3	9	5	2	1	8	4
2	8	5	7	3	6	4	9	1
4	9	7	1	8	5	6	2	3
1	3	6	4	2	9	8	5	7

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Red Beans and Rice

INGREDIENTS:

1 1/4 cups dried red beans or red kidney beans, soaked
1 ham hock (500 to 700 g)
1 large yellow onion, chopped
2 stalks celery, sliced
2 bay leaves
2 cloves garlic, minced
1 1/2 tsp dried thyme leaves
1/4 tsp each salt and black pepper
1 cup uncooked long-grain white rice
1/4 cup minced parsley

METHOD:

1. In Dutch oven, combine water, soaked beans, and ham hock. Bring to boil. Lower heat and simmer, covered, for 1 to 1 1/2 hours or until beans are tender. Drain beans, reserving 2 cups liquid. Remove 2 cups beans from Dutch oven. Slightly mash these beans, then return to Dutch oven. Remove ham. When bone is cool, remove meat. Discard bone. Cut meat into bite-size pieces; return to Dutch oven.

2. Stir in reserved liquid, onion, celery, bay leaves, garlic, thyme, salt and pepper. Bring to boil, then simmer, covered, 30 minutes or until vegetables are tender, stirring occasionally. Discard bay leaves. Meanwhile, cook rice according to package directions, omitting butter and salt. Spoon bean mixture over rice. Sprinkle with parsley. Serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
The planets are urging you to get rid of something you no longer need, something that is holding you back from success.

TAURUS ♉
APRIL 21-MAY 21
Don't be too harsh on someone who has not lived up to your expectations. The important thing is that they tried

GEMINI ♊
MAY 22-JUNE 21
Do you pretend that your feelings do not exist or do you express them fully and openly? Emotion must not be denied.

CANCER ♋
JUNE 22-JULY 22
You may not be the sort to joke about serious subjects but try not to get too cross with someone who takes a flippant attitude

LEO ♌
JULY 23-AUG 23
Let employers and other important people know that you are a force to be reckoned with and must not be ignored.

VIRGO ♍
AUG 24-SEPT 22
A certain viewpoint may seem attractive but if your instincts tell you to be wary then you would be wise to hold back.

LIBRA ♎
SEPT 23-OCT 23
If someone you usually get along with is unusually critical today chances are it is because their emotions are up in the air

SCORPIO ♏
OCT 24-NOV 22
You won't see eye-to-eye with partners and colleagues over the next two or three days but that's not necessarily a bad thing.

SAGITTARIUS ♐
NOV 23-DEC 21
This is no time for wishful thinking. You know what needs to be done and you know you must do it soon or it will pass you by forever.

CAPRICORN ♑
DEC 22-JAN 20
If a loved one says they want to spend some time alone you must not be offended. It is no reflection on you

AQUARIUS ♒
JAN 21-FEB 18
It will be easy to get frustrated about a family problem today but that won't solve anything.

PISCES ♓
FEB 19-MARCH 20
Give yourself permission to dream about things that other people say are impossible or irresponsible.

AIR CANADA VACATIONS

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CUBA
Cayo Coco / Cayo Guillermo
NH Krystal Laguna
Villas & Resort • 4★
All-Inclusive • Club laguna rm.
May 15 – June 19 • 1 wk.
+Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

SAINT LUCIA
Bay Gardens Inn • 2 1/2★
Standard rm.
May 15 • 1 wk.
+Taxes & other fees (including service charges): $229

DOMINICAN REPUBLIC
Puerto Plata
Bahia Principe San juan • 4★
All-Inclusive • Standard rm.
May 7, 14, 21 & 28 • 1 wk.
+Taxes & other fees (including service charges): $312

$599

CUBA
Holguin
Sirenis Playa Turquesa • 4★
All-Inclusive • Superior rm.
May 8 – 22 • 1 wk.
+Taxes & other fees (including service charges): $231
Departure tax: 25 CUC cash, paid locally

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
May 9 – June 21 • 1 wk.
+Taxes & other fees (including service charges): $231
Please add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC
Samana
Gran Bahia Principe
El Portillo • 4 1/2★
All-Inclusive • Standard rm.
June 6, 13 & 20 • 1 wk.
+Taxes & other fees (including service charges): $312

$699

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Hacienda Hotel, Spa
& Beach Club • 3★
All-Inclusive • Standard rm.
June 26 • 1 wk.
+Taxes & other fees (including service charges): $273

Cancun / Riviera Maya
Occidental
Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
June 11 • 1 wk.
+Taxes & other fees (including service charges): $293

Grand Oasis
Viva Beach • 3 1/2★
All-Inclusive • Oceanview rm.
June 11 • 1 wk.
+Taxes & other fees (including service charges): $293

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Orlando
Disney's Pop Century Resort • 3★
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$1439
+Taxes & other fees
(including service charges): $293

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